

红楓傳奇

inese Canadian Legend

2016

第十七輯 Volume 17

2016年度紅楓傳奇人物

何志立　不忘初心 挑戰極限
　　　　慈善馬拉松鑄傳奇
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劉聚富　錦綉胸懷　建文明之都
　　　　築社稷之情
鮑胡嫈儀　少數族群的聲音
　　　　多元文化的先鋒



華商網絡協會
榮譽出版及發行

紅楓傳奇
Chinese Canadian Legend

編輯委員會主席　蕭顯揚
編輯　何湯淑芬
秘書　潘嘉儀
中文作者　吳翠儀
　楊笑
英文作者　鍾蕙蘭
封面設計　黃靖雯
內頁設計　何冠文
印刷　資訊印刷出版公司


978-0-9939141-2-6

Change with Change to Succeed

華麗轉身締傳奇

Chinese Canadian Legend 2016

presented by

Asian Business Network Association

Honourary Patrons

The Honourable Dr. Vivienne Poy

The Honourable Philip Lee

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

Honourary Award Gala Chair

Glenn Chan

President

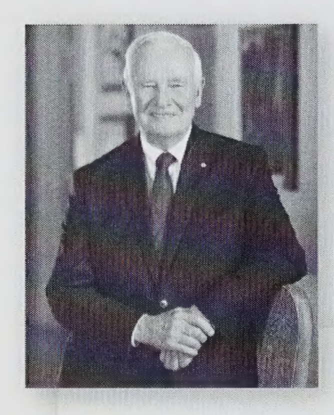
Asian Business Network Association

Bammy Wong



Contents

賀☆辭
Greetings





THE GOVERNOR GENERAL · LE GOUVERNEUR GÉNÉRAL

It gives me great pleasure to send my warmest greetings and congratulations to all those being honoured today at the Chinese Canadian Legend 2016 Awards Gala, presented by the Asian Business Network Association.

When we give—whether in time, talent or financial support—we grow as individuals and as a community. As governor general, I firmly believe Canada has benefited richly from the contributions of professionals, volunteers and philanthropists who have dedicated themselves to helping others.

Today, I join with your peers in saluting your stalwart commitment to enriching our communities and the lives of your fellow Canadians. I thank all of you for making Canada a smarter, more caring place to live.

David Johnston

November 2016

1 SUSSEX DRIVE · 1, PROMENADE SUSSEX
OTTAWA · CANADA · K1A 0A1 · WWW.GG.CA





PRIME MINISTER · PREMIER MINISTRE



November 12, 2016

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the Chinese Canadian Legend 2016 Award Gala, hosted by the Asian Business Network Association (ABNA) Board of Directors.

This evening, you have gathered to celebrate leadership, innovation and excellence in business, while enjoying fellowship based on your shared cultural roots. Since its founding in 1994, ABNA has organized professional and social activities that encourage greater exchanges between peoples and help link Canadian entrepreneurs with their Chinese counterparts for mutual commercial, economic and social benefit.

Tonight's ceremony shines a spotlight on a number of individuals who have distinguished themselves through achievement and service in their field of endeavour. I join with you in congratulating this year's award recipients.

On behalf of the Government of Canada, I offer my best wishes for a most enjoyable and memorable gala.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.
Prime Minister of Canada

賀☆辭
Greetings





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Ontario, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺 信

华商网络协会:

值此贵会举办 2016 红枫传奇颁奖晚会之际，我谨代表中华人民共和国驻多伦多总领事馆致以热烈祝贺！

贵会自 2000 年以来，坚持举办“红枫传奇”人物评选活动，将优秀华裔人士的励志故事和拼搏精神推广传播，在华人社区传递“正能量”，激励了华人移民积极投身到加拿大多元文化社会建设和促进中加友好的事业中，值得赞赏。

祝愿贵会会务常青，不断为推动华社发展、促进中加友好做出新贡献！

预祝 2016 红枫传奇颁奖晚会取得圆满成功！

中华人民共和国驻多伦多总领事

二〇一六年十一月十二日

賀☆辭
Greetings





Premier of Ontario - Première ministre de l'Ontario

November 12, 2016

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I offer warm greetings to everyone attending the Chinese Canadian Legend 2016 Award Gala, hosted by the Asian Business Network Association.

As the dynamic Chinese Canadian community is synonymous with success, I am sure that the selection committee had many deserving candidates to choose from. I am delighted to recognize this year's distinguished winners, including Mr. Sunny Ho, Mr. Alan Kwong, Ms. Annie Kwok, Professor Jim Yuan Lai, Dr. Arthur Lau and Ms. Teresa Woo-Paw. Congratulations to you all!

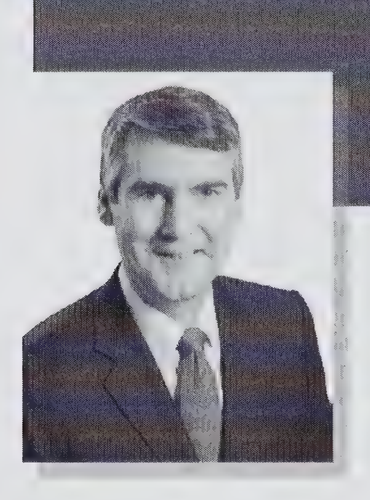
I commend the Asian Business Network Association for once again honouring exemplary Chinese Canadians and for giving the community at large the opportunity to draw pride and inspiration from their accomplishments.

I would also like to thank the association for its leadership in publishing the 17th edition of Chinese Canadian Legend. In doing so, you are ensuring that award recipients and their achievements are immortalized in print and that future generations of Canadians are able to reflect on the legendary stories of these remarkable individuals.

Please accept my best wishes for an enjoyable and memorable gala.

Kathleen Wynne

Kathleen Wynne
Premier



Premier's Message

It is my pleasure to extend best wishes to the Asian Business Network and to those attending the annual Chinese Canadian Legend Award Gala.

Diversity, culture and heritage are the heart of strong communities. We are proud to support the Chinese community and its commitment to preserving, celebrating, and contributing to Canada's vibrant culture.

On behalf of the Province of Nova Scotia, thank you for your contributions to our province's economic growth, and congratulations on your 17th year of recognizing the significant and outstanding achievements of your community members.

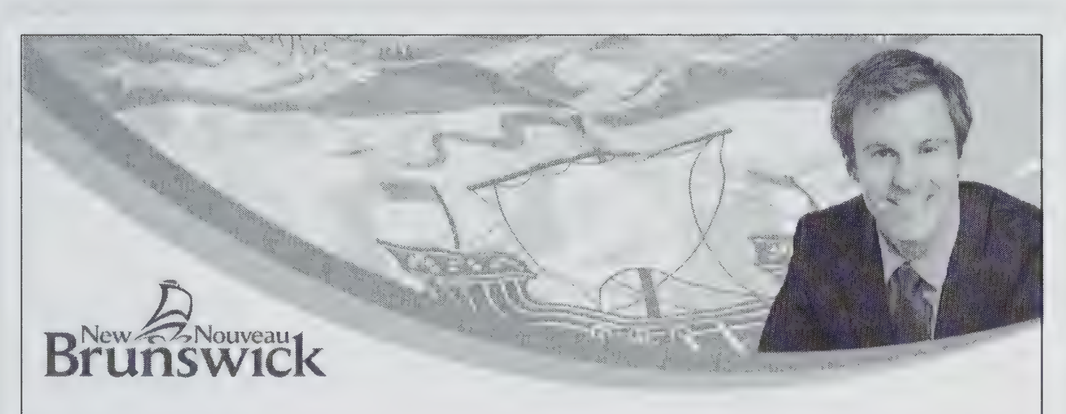
Sincerely,

Stephen McNeil

Honourable Stephen McNeil, M.L.A.
Premier



賀☆辭
Greetings



Diversity is one of New Brunswick's greatest assets, we are proud of our continuously growing Chinese community.

The different cultures and traditions that are alive in our province and in our country enrich our way of life and offer new opportunities to revitalize and rejuvenate our communities and economy.

On behalf of New Brunswickers, we would like to send our best wishes for an enjoyable evening in Toronto,. We would also like to congratulate the recipients of this year's Chinese Canadian Legend Award.

Our government appreciates your contribution to our communities throughout the country. We would like to thank you for your continued services.

Brian Gallant

La diversité est l'un des plus grands atouts du Nouveau-Brunswick; nous sommes fiers de notre communauté chinoise toujours croissante.

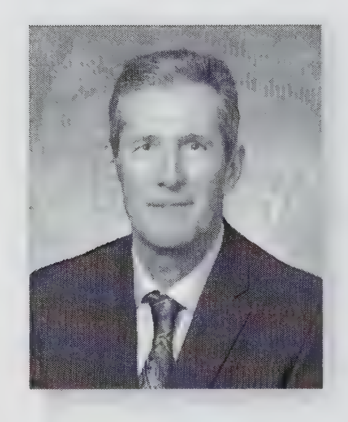
Les différentes cultures et traditions qui sont bien vivantes dans notre province et notre pays enrichissent notre mode de vie et offrent de nouvelles possibilités de revitaliser et de relancer nos collectivités et notre économie.

Au nom de la population du Nouveau-Brunswick, nous vous souhaitons une soirée des plus agréables à Toronto. Nous tenons aussi à féliciter les lauréats du prix Chinese Canadian Legend Award de cette année.

Notre gouvernement est reconnaissant de votre contribution dans les collectivités du pays. Nous vous remercions de vos services continus.

Brian Gallant

賀☆辭
Greetings





PREMIER OF MANITOBA

A Message from the Premier of Manitoba

The Chinese Canadian Legend Award recognizes outstanding business achievement in the Chinese Canadian community. It shines a well-deserved spotlight on the inspiring example that each recipient sets for Manitobans to follow.

I applaud the work of this year's recipients and the ongoing efforts by the Asian Business Network Association to ensure the business achievements of Chinese Canadians are properly recognized. They are an integral part of Canada's cultural mosaic, adding significantly to such key economic areas as business, health, education, science and the arts.

On behalf of Manitoba's New Government, I congratulate this year's recipients. They represent an elite group of business people who have earned the respect and admiration of their peers in the business community across Canada.

Brian W. Pallister

The Honourable Brian Pallister







A Message from Premier Christy Clark

As Premier of the Province of British Columbia, I am pleased to extend my greetings to readers of the *17th Edition of Chinese Canadian Legend.* I have no doubt that this year's theme of "Change with Change to Succeed" will be inspiring and motivating for all readers.

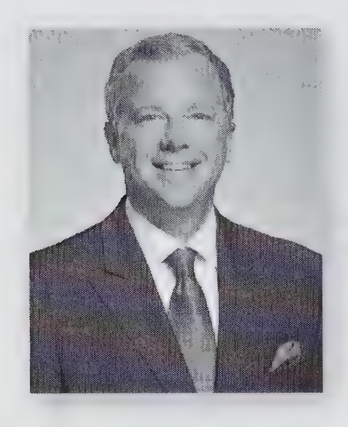
This special publication recognizes the integrity, leadership and contributions of exceptional Chinese Canadians by sharing their interesting stories. It is the dedication of people, like those being honoured in this book, that is key to building our province and our nation to be the best they can be today, and for future generations.

Congratulations to all award recipients, and I wish you all the best in your future endeavours.

Sincerely,

Christy Clark
Premier

賀☆辭
Greetings





Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

Chinese Canadian Legend 2016

On behalf of the Government of Saskatchewan, I am pleased to welcome you to the 17th Annual Chinese Canadian Legend Award Gala.

This annual award gala honours notable Chinese-Canadians who have made a significant contribution to the success and health of their own community. This year's recipients will join a select group of individuals from across Canada who have received this prestigious award since 2000. I join you in commending them for their commitment, vision, and community involvement.

Chinese-Canadians have contributed much to the strength and prosperity of our province and this country. I extend my thanks to the Asian Business Network Association (ABNA) for your long-standing efforts in organizing this event. Thank you also to the presenters, volunteers and sponsors, without whom this event would not be possible.

Best wishes for a memorable evening.

Brad Wall
Premier

pcu-regina

賀辭 Greetings



Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada

Message from Honourable Rachel Notley
Premier of Alberta

It is my pleasure to send greetings to everyone attending the Asian Business Network Association's Chinese Canadian Legend 2016 Award Gala.

Canada and Alberta are greatly enriched by the diversity of our cultural practices and traditions, and I am delighted you have gathered to celebrate the many positive contributions Chinese Canadians make across our nation.

The individuals you're recognizing tonight have made outstanding contributions to our country. Not only are they distinguished in their own career fields, they are also exceptional Chinese Canadian role models who have proudly used their skills to give back to their communities.

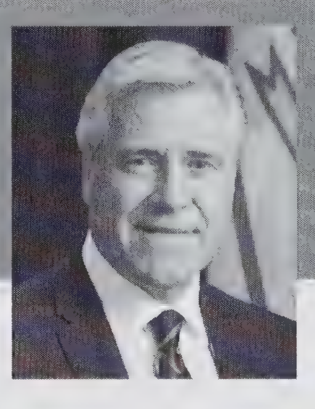
I am pleased to congratulate Mr. Sunny Ho, Mr. Alan Kwong, Ms. Annie Kwok, Professor Jim Yuan Lai, Dr. Arthur Lau, and Ms. Teresa Woo-Paw for their remarkable achievements. Your ongoing dedication to volunteer activities vastly improves the lives of others, and builds solid bridges of understanding between the varied cultures that make our nation so rich.

Thanks as well to the Asian Business Network Association for organizing and hosting this annual event. I appreciate your commitment to promoting harmonious community relations, providing business networking opportunities, and recognizing excellence in the Chinese Canadian community.

Rachel Notley

November 12, 2016





Message from the Premier

Supporting cultural diversity is a key commitment of the Government of Newfoundland and Labrador through our Office of Immigration and Multiculturalism.

With this ideal in mind, we applaud the Asian Business Network Association's work in promoting and celebrating diversity throughout the country with events like your annual Awards Gala.

There is a long and proud history of Chinese immigration to Newfoundland and Labrador that started in the late 19th century and continues to this day. Thanks to the efforts of the Chinese community, our province is a more dynamic and vibrant place with enhanced cross cultural understanding.

I assure you, your association's contributions to Newfoundland and Labrador – and to the entire country – are truly appreciated.

On behalf of the people of Newfoundland and Labrador, I extend congratulations and best wishes to the recipients of this year's award, and to the gala organizers, who ensure your gala is a success year after year.

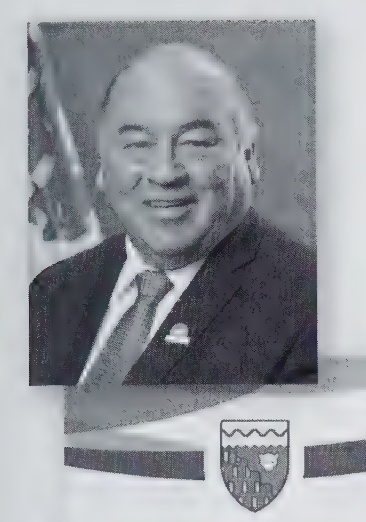
Sincerely,

The Honourable Dwight Ball
Premier

www.gov.nl.ca

Newfoundland
Labrador





Government of Northwest Territories
Gouvernement des Territoires du Nord-Ouest

Asian Business Network Association
Chinese Canadian Legend 2016 Award Gala

The contribution of Chinese Canadians to the fabric of our society has helped our nation make great strides as an international leader.

Since my first visit to China as Premier in 2013, I have become increasingly aware of the things we Northerners have in common with the people of China: we share a belief in practicality and common sense, we are not afraid of hard work, and we all very much understand how important it is to respect one another. The Chinese Canadian community contributes to the Northwest Territories as business owners who contribute in numerous sectors of our economy. This is an example of the strong relationship forged between the Northwest Territories and China.

The Asian Business Network Association has honoured those who have made significant contributions to their communities through outstanding achievements in their field for 17 years. Doctors, business owners, lawyers, artists, musicians, professors – the long list of past award winners' share one thing in common: personal struggle. Their paths in life may be different, but through their fearless and courageous spirit they found ways to succeed. Their personal achievements, contributions to their communities, have left a lasting impact on the people with whom they cross paths.

I want to congratulate the recipients of the Chinese Canadian Legend Awards and wish you well in your future endeavors.

Robert R. McLeod
Premier of the Northwest Territories

賀☆辭 Greetings





Hong Kong Economic and Trade Office (Toronto)
The Government of the Hong Kong Special Administrative Region
香港特別行政區政府駐多倫多經濟貿易辦事處

On behalf of the Hong Kong Economic and Trade Office (HKETO), I would like to extend my warmest greetings to everyone attending the Chinese Canadian Legend 2016 Award Gala organised by the Asian Business Network Association (ABNA).

Since its inception in 1994, ABNA has been actively promoting and recognising the achievements of Chinese immigrants in Canada. It is also committed to strengthening the networking and mutual support among Chinese Canadians in the business community. In 2000, ABNA initiated the first Chinese Canadian Legend Award to pay tribute to outstanding Chinese Canadians who do not only excel in their professions but have also made tremendous contribution to the community by making use of their expertise and experience. Over the years, 100 awardees have been honored as inspiring role models for new immigrants as well as the younger generation in Canada. I am glad to see that many immigrants from Hong Kong have made substantial contribution to the Canadian community.

My warmest congratulations to all recipients of the awards and wish the gala a great success.

Kathy Chan
Director

174 St. George Street, Toronto, Ontario M5R 2M7 Tel: (416) 924-5544 Fax: (416) 924-3599
Web Site: www.hketotoronto.gov.hk E-mail: info@hketotoronto.gov.hk



MESSAGE FROM HONOURARY CHAIR OF CCL AWARD GALA

It is a great honour for me to be part of the Chinese Canadian Legend Award in different ways over the years; not only because of its prestigious status but also the important legacy it has built for Chinese Canadians.

In 2008, I was deeply grateful to be among the recipients of the Award, and since then started to get involved with the organizer, Asian Business Network Association. Later on, I also became a member of the Selection Committee and found great camaraderie among the team I worked with. It has been an invaluable experience for me to connect with the community at large.

I could see how the Award goes beyond just an award, by establishing a tradition of recognition for exceptional individuals who may or may not have been widely acknowledged. What's more, the inspiring stories of these individuals have certainly made an impact on the generations to come, be they Chinese or Canadians.

I offer my heartfelt congratulations to this year's Award recipients, as well as the Organizing Committee for yet another year of brilliant effort.

The Gala night marks the highlight of each year's Award and the high point of our celebration.

Let us celebrate with joy and pride for this year's legends!

Glenn Chan
CCL Award Gala Honourary Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"What the caterpillar calls the end of the world, the master calls a butterfly"

- Richard Bach

Chinese Canadian Legend award recipients are those who rise above challenges in face of adversity and change with change to succeed in life.

It is our great pleasure to honour the 2016 Chinese Canadian Legend award recipients.

2016『紅楓傳奇』的主題是『華麗轉身締傳奇』，勉勵大家在人生舞台上即使遇到困難，也不要氣餒，在絕地也可轉身；不但可以轉身，更可以華麗轉身，克服逆境，自我增值，改變命運。希望得獎人的傳奇故事能振奮人心，啟迪大家在逆境中活出自我，締造精彩的人生傳奇。

Our theme for 2016 Chinese Canadian Legend is "Change with Change to Succeed". Life is full of challenges and changes are always difficult. When change becomes unavoidable and inevitable, may each and every one of us rise above the challenge and change with change to succeed.

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

Dear Friends,

I am honoured to co-chair the Chinese Canadian Legend Award once again this year.

Since this event began 17 years ago, the Asian Business Network Association has recognized 100 outstanding Chinese Canadians; each with their own truly unique story. Past recipients include heroes that have dedicated their lives to volunteering locally within their own communities; as well as those that have spent years serving as global ambassadors.

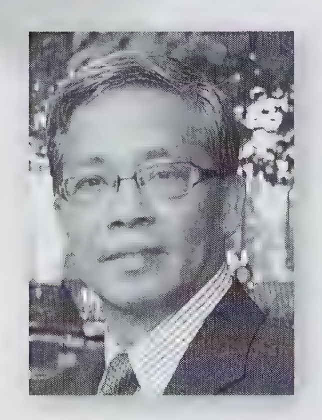
The 2016 Chinese Canadian Legend Award recipients represent a wide range of Chinese Canadians. Each of these individuals has demonstrated the strength and desire to overcome challenge and adversity to make a significant difference in the lives of others. Tonight, we are proud to share their success stories.

The theme of this year's event, "Change with Change to Succeed" should encourage us to rise above challenge, and always be the best that we can be!

I take great pride in congratulating the 2016 Chinese Canadian Legend Award recipients. I hope that their success stories continue to inspire and motivate our future Chinese Canadian Legends!

In closing, I would like to thank the Selection Committee, Organizing Committee and all of the volunteers. Your continued support ensures that the Chinese Canadian Legend Award Gala is a great success year-after-year.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

With a seventeen year history, the annual Chinese Canadian Legend Award has continuously received special attention from both the community and the media in Canada as one of the most credible organizations to recognize outstanding leaders or achievers from the community.

With so many volunteers and leaders in the Chinese community, it is a big challenge for the Selection Committee to select six individuals out of the many nominees. With 22 members making up the Selection Committee, many of whom are former Chinese Canadian Legend winners and individuals with significant credibility in and knowledge of the community; the Selection Committee worked through a long process to select the award recipients on a fair, equitable and unbiased basis.

During the process, the Selection Committee takes into account the various life experiences that these nominees have gone through and contributions they have made to the community, the country or the world; while their political and religious backgrounds are being ignored. By signing a confidential agreement for not disclosing any information outside the selection meeting, the backgrounds and contributions of each nominee are openly discussed among the members. Each nominee will be evaluated by every member of the Selection Committee on a no name basis and these evaluation reports were then summarized and tabulated by an independent auditor during the meeting in order to ensure the entire selection is transparent and fair. As a result of this tight procedure, we have experienced minimal disagreements when the award recipients are announced each year.

Through this book, stories of these six community leaders are being put forward; we hope others would be inspired and encouraged to rise above challenge and change with change to succeed in the face of adversity.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee
November, 2016

甄選團
SELECTION COMMITTEE

Chair

Stanley Kwan

Members

Dennis Au-Yeung
Glenn Chan
John Chen
Tony Ku
Allen Leung
Ida Li
Lusan Li
Stella Li
Ying Lu
John Man
Albert Ng
Alexandra Ngan
Marianne Siu
Stephen Siu
Camilla Tong
Amy Tjen
Teresa Tsui
Kenny Wan
Bammy Wong
Connie Woo
Judy Yeung

Auditor

William Ip, CA

Secretaries

Peggy Leung
Viola Poon



編輯委員會主席
蕭顯揚

「轉」的藝術與修行

星雲大師在《星雲説喻》中說：「人的生活在於一個『轉』字，要能轉大為小、轉苦為樂、轉迷為悟、轉邪為正；修行的祕訣，就是要能轉一切不好的境界為善美的境界。勇於接受，善於轉化，把煩惱轉成菩提…。」

我很喜歡看到今屆「紅楓傳奇」籌委會以「華麗轉身締傳奇」為大會主題。蝴蝶破繭而出的羽化過程，正好就見證了自然界的「華麗轉身」。蝴蝶突破了抑困、絕望和可怕的黑暗，把傷感的紋理化成華麗彩衣，如歌謠般輕盈地飛翔於大地。

我們都是自已生命的藝術家，彩繪着人生每一階段。逆境讓我們自強，苦難孕育了堅忍，折磨培養出毅力，最終轉身而出，飛向藍天。

説到「華麗轉身」，我想起了今年中國女排奧運冠軍隊成員魏秋月的故事。2008年北京奧運前的魏秋月，是集萬千寵愛在一身的排球女神。她本以為北京奧運可以為自已打開夢想的翅膀，但殊不知道，此後的幾年她會走上一條踉蹌的路道。

2010年，身為國家隊主力二傳的魏秋月不但膝關節出問題需要治療，接着又要做闌尾炎手術。傷病期的失意令她想過退役。接着中國女排世錦賽慘敗，作為隊長，她責無旁貸，跟着而來又有流言的困擾，她身心俱疲。當時有人形容為「女排巨星的殞落」。魏秋月哭了，但她沒有妥協，她絕不低頭。

挫折使她成熟，在2014年，郎平率領的國家隊成績並不理想，急需一名經驗豐富的老將壓陣。當年3月，魏秋月重新入選國家隊，披上7號球衣。魏秋月看到了希望，在郎平的勸説下，她接受了膝蓋手術，接着是地獄式的康復訓練，魏秋月再次為奧運的夢想付出，在2016年里約奧運，功德圓滿。

德國哲學家尼采曾説：「一個人知道自己為什麼而活，就可以忍受任何一種生活」。我們要學會在變動的生涯挑戰中，以積極正向的態度面對種種不確定性。

《易經》揭示了陰陽的交替變化與事物相依共存發展的規律，其中的「易」更代表著「變易」，象徵宇宙的不斷轉化，事物之流變，和永不停歇的生生不息之道。

面對生活的激流，要在「變」的拼博中「轉」過身來，在滾滾紅塵中完成人生使命的華麗篇章，才不會浪費這不得不過的一生。

MESSAGE FROM THE PRESIDENT



We achieved a milestone last year by recognizing the 100th Chinese Canadian Legend (CCL) award recipient. This year on the threshold of our 17th Anniversary celebration, we are welcoming another six outstanding individuals from Ontario, Quebec and Alberta to the CCL family.

With exceptional personal achievements and tremendous contributions to our society, these six highly respected individuals are role models to all of us. Their inspiring stories you are going to hear or to read serve as a testimony of striving for excellence. As Confucius said: "Our greatest glory is not in never falling, but in rising every time we fall."

The annual task of getting the CCL Award organized involves so much manpower and time, as well as resources – from the planning stage in January, nomination process in May, selection and judging in July, to the preparation of the CCL book from August to October, and finally the presentation of the award ceremony in November. It is every time a year-long project for the Asian Business Network Association.

Many thanks to our very dedicated team of volunteers, including the chairs and members of the various CCL working committees. I am so fortunate to have their full support to make this year's CCL Award Presentation another success since the award was first introduced in 2000.

Bammy Wong

President
Asian Business Network Association



Mission

Provide business networking opportunities,
promote harmonious community relations,
and recognize role models in the Chinese community

Activities

Chinese Canadian Legend Award Project,
Charity Activities,
Partnering with other community organizations

Members

Entrepreneurs and Professionals

宗旨

建立營商網絡
促進社區和諧關係

活動

紅楓傳奇系列
慈善活動
專商業交流

會員

企業家、專業人士



ABNA's Milestones

The Asian Business Network Association (ABNA), organizer of the Chinese Canadian Legend Award, has supported or contributed to the following charitable organizations and projects since Year 2000:

2000	Initiate Chinese Canadian Legend Award Yee Hong Community Wellness Foundation
2001	Yee Hong Community Wellness Foundation
2002	Sports for Kid
2003	Chinese Cultural Centre of Greater Toronto Fu Hui Foundation Hong Kong
2004	Fu Hui (Canada) Foundation
2005	Smile China
2006	Mon Sheong Foundation Under the Banyan Tree Centre for the Developmentally Disabled
2007	Chinese Family Services of Ontario
2008	Red Cross Canada Fu Hui (Canada) Foundation

2009	Embracing Life
	Fu Hui (Canada) Foundation
2010	Mon Sheong Foundation
	Presented whole set of Chinese Canadian Legend Books to Richard Charles Lee Canada-Hong Kong Library, University of Toronto
	'Voyage-Struggles & Hopes', Hong Kong University Students' project in Toronto
2011	Carefirst Foundation
2012	Across-U-Hub
2013	Golden Daffodil Endowment Fund of Canadian Cancer Society
2014	Research Workshop 'Cultural Translation & Chinese-Canada Studies' by York University
	Canadian Museum for Human Rights
	Hong Kong Children's Symphony Orchestra
2015	Canadian Museum for Human Rights
	Chinese Family Services of Ontario
2016	Community Coalition in Aid of Alberta Wildfire
	Canadian Museum for Human Rights
	Golden Daffodil Endowment Fund of Canadian Cancer Society
	Yee Hong Community Wellness Foundation
	Starlight Chinese Opera Performing Arts Centre

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2016 紅楓傳奇籌委會
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Glenn Chan	陳偉才	Dr. John Hui	許志榮醫生
Dr. Helen Chan	陳秀蘭醫生	Dr. Stephen Hwang	黃思聰醫生
Jimmy Chan	陳志尚	Alice Ko	高張愛絲
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H Capt (N) Tung Chan	陳志動	David Kuo	郭劍民
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Prof. Thomas Chang	張明瑞教授	Dr. Jason Kwok	郭詠觀醫生
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Dr. Tat-Ming Cheung	張明達醫生	Cynthia Lai	封賴桂霞
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Ambrose Fung	馮紹杰	Allen Leung	梁煥釗
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Themes of Chinese Canadian Legend since 2007

2007 緣繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身締傳奇
Change with Change to Succeed



Chinese Canadian Legend Award

紅 楓 傳 奇

2016

Passion • Dedication • Inspiration

In Recognition of Your
Outstanding Achievement and Valuable Contribution
to the Community

Asian Business Network Association

華 商 網 絡 協 會



Master of Ceremonies

Ying Lu

Dr. Ying Lu graduated from Queen's University Medical School in 1994. She then completed her five-year ophthalmology specialty residency in the Department of Ophthalmology at the University of Toronto, with 6 month glaucoma training under prominent glaucoma specialists Dr. Graham Trope and Dr. Yvonne Buys. Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada, registered as a member of the Canadian Ophthalmology Society and is a Diplomate of the American Board of Ophthalmology.

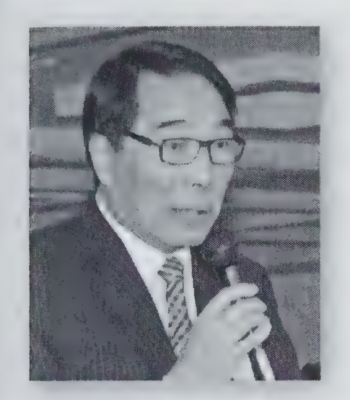
Dr. Lu is currently the Head of Ophthalmology for Scarborough Hospital. She teaches at the University of Toronto Medical School as a lecturer. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic and at the Scarborough hospital. Most recently, Dr. Lu performed the First Femtosecond Laser cataract surgery in an Ontario Hospital.

For the past 17 years, she has performed more than 30,000 eye surgeries bringing precious sight back to countless patients. Dr. Lu is affiliated with Mount Sinai Hospital, Toronto Scarborough Hospital and Kensington Eye Institute. As well, she is a member of the international medical faculty of the ORBIS Flying Eye Hospital.

In addition to her busy medical practice, Dr. Lu contributes her time and experience to help people in need. She runs a community outreach eye clinic for Mount Sinai Hospital for the past 10 years. Over the past ten years, she has run an off-site eye clinic at CareFirst where she is an Honorary Advisor. In 2004, she co-founded the ORBIS Canadian-Chinese Advisory Council (CCAC) to facilitate blindness prevention in China's rural areas .

In 2008, Dr. Lu won the Outstanding Professional Achievement Award and the viewers' choice at the Mandarin Profile Award organized by Fairchild Television. In 2009, Dr. Lu was recognized with the Best Community Service Award by the Association of Chinese Canadian Entrepreneurs.

Dr. Lu was one of six recipients of Canadian Chinese Legend Award in 2008. She serves as a member of the selection committee since 2009. Since 2010, Dr. Lu has been the co-chair for the Canadian Chinese Legend Alliance . She is honoured to be involved and support the Asian Business Network Association's commitment to better local and global communities.



Master of Ceremonies

Stephen Siu

Stephen Siu has served the community in different capacities, as Executive Director of the Chinese Cultural Centre of Greater Toronto, Assistant Director of the Hong Kong Economic & Trade Office, and currently as President of the Yee Hong Community Wellness Foundation.

Stephen started his career as a journalist with the United Press International, and later became Chief Editor of the U.S. news agency's Hong Kong bureau. He then moved to the Reader's Digest, taking up a senior editorial position.

After joining the Hong Kong Government in 1980, Stephen orchestrated publicity for many major cultural events, including the Festival of Asian Arts and Hong Kong International Film Festival. He also ran promotions for Hong Kong major museums and performing groups.

He settled down in Toronto in 1988, working as Christian Children's Fund of Canada's Project Consultant, Host of Shaw Cable 10 current affairs program, and Festival Hong Kong 92's Public Relations consultant.

Stephen was a Board Member of the Chinese Information and Community Services and the Metro Toronto Volunteer Centre; Public Relations Chair of "Serve Canada"; and Trustee of the Scarborough Grace Hospital. When Toronto was hit by SARS in 2003, he led the secretariat of the Community Coalition Concerned About SARS formed by 62 community and business organizations.

He is currently Chair of the Chinese Canadian Photographic Society of Toronto, and Advisor of the Chinese Arts & Literary Contest for Youth, Ontario Cross-Cultural Music Society, Ontario Chinese Folk Music Orchestra, and Toronto Yuefang Ensemble.

Stephen was given the Rotary's 4-Way Test Award in 2008 for being a role model in the community. He won the Chinese Canadian Legend Award in 2009. In 2010, he got the Arbor Award from the University of Toronto for his outstanding voluntary service.



作者簡介 AUTHOR

鍾蕙蘭 Connie Woo

Connie has been helping with the Chinese Canadian Legend Award Project since 2007 and joined the Asian Business Network Association in 2008. Every year since then, she has been delighted to spend part of her summer working on the English translation of the recipients' life stories.

Connie currently chairs the board of Chinese Family Services of Ontario (家和專業輔導中心), a charitable agency funded by United Way and the three levels of government to provide settlement and critically needed counseling services in areas such as family violence, depression, addiction and other mental issues. It serves over 5,000 families and individuals in the Chinese and Asian communities each year.

Connie retired from her Vice-President and Chief Information Officer position with Toronto Hydro Corporation in 2006. In 2007, she completed the Director Education Program at the Rotman School of Management. As a professional corporate director, Connie served on the Board of CAA South Central Ontario for twelve years, retiring in 2012.

The recipients of 2016 Chinese Canadian Legend Award have enlightening stories to tell, their lives exemplifying this year's theme of 'changing with change to succeed'. Their outstanding achievements and selfless contribution to our community are inspiring to us all.



作者簡介 AUTHOR

吳翠儀 Clorie Ng

Clorie is a communication consultant, writer, translator and language trainer who started her career as a journalist and public relations professional. Over the past 20 years, she has worked in various media agencies and major corporations in Hong Kong, the United States and Canada.

Her love for language and wide array of interests led her into various creative projects such as publishing her own poetry collection, writing/translating commissioned books, film scripts, media columns and language training materials.

As a freelancer based in Toronto, she is actively involved in the community through her work capacity and as a volunteer. A keen supporter of environmental protection and charitable causes, she hopes to be a "worker towards a better world".

從事寫作、翻譯、語言培訓、公關及傳訊顧問工作二十多年。曾在港、美、加任職多間傳媒及企業機構，並為多份報章、雜誌及出版機構編撰文章和刊物，以及參與電視、電台等多媒體節目製作。創作題材包括文化藝術、健康生活、身心靈探索、人物故事。

現時於多倫多以特約形式為不同機構、團體及個人提供專業服務。同時透過工作網絡和義務工作參與各種社區活動；尤其支持環保及服務社群的團體及機構，希望以專業建設社會、以創意投入社區。

作為一位自由創作人，曾出版的作品有＜Short Form Beings＞、＜Hong Kong Horoscope＞、＜心靈智庫＞（中譯本）、＜中國新攝影＞等。此外，又為香港最早成立的環保團體「長春社」編撰提倡綠色生活的＜綠活日誌＞。



作者簡介 AUTHOR

楊笑 Lucy Yang

楊笑，中文系泛語言文學專業畢業，出國前曾在遼寧人民廣播電台、遼寧電視台從事記者工作，先後負責經濟類、農林類、文教衛生類新聞採訪及節目編創，並榮獲中國廣播獎、中國新聞等獎項。

移民加拿大後，曾在多家華文媒體發表專欄文章，內容主要涉及移民生活信息、經驗、感悟等，文章實用性深受讀者歡迎。並發表網絡小說《天堂的路有多遠》，在本地華人社區頗有知名度。同時積極參加社區活動，拓寬人際交往，參與社區建設，融入本地生活。

目前任加中時報總編輯，負責新聞採寫、生活副刊編撰、工商社區報道等。

Change with Change to Succeed

華麗轉身缔傳奇



何志立律師
Mr. Sunny Ho

作者：楊笑

Author: Lucy Yang

不忘初心 挑戰極限
慈善馬拉松鑄傳奇

何志立律師，從修讀化學到轉修法律，華麗轉身，卻在慈善中找到人生目標。為了幫助長者，建造一個加拿大前所未有的一站式綜合社區服務中心，積極面對挑戰，不懈努力，最終挑戰成功，實現夢想。

見到英挺的何志立律師，是在他的辦公室，一臉微笑，正如他的英文名，Sunny，充滿陽光。

何志立律師目前在列治文山市擁有自己的律師事務所，主要從事民事及房地產法律事務。一定想不到何志立大學時學的並不是法律，而是化學。

1982年何志立隨母親從香港移民到多倫多，就讀於著名的麥克馬斯特大學化學系，曾在政府的漁業及海洋部化學實驗室工作。刻板的工作限制了何志立發展的空間，幾經考慮，何志立轉身投入到充滿挑戰的房地產行業。讓他意想不到的是，彼時恰逢多倫多地產業處於低谷時期，一時間何志立找不到發展的方向，沮喪中，他選擇了回流香港。

華麗轉身　找到事業發展方向

何志立的父親在香港是位成功的會計師。父親的成功讓前路迷茫的何志立很有一種挫敗感。但是這挫敗感沒有讓何志立沉淪，卻煥發起他強烈的上進心。

回到香港的何志立繼續進入地產界打拼，每天在繁雜的法律文書堆中工作十幾個小時，這不僅讓他很快熟悉了地產界的各種業務，也漸漸對法律事務產生濃厚的興趣。何志立説，忙碌的工作並沒有讓他感到疲憊，恰恰相反，因為熱愛，讓他振奮。找到自己事業發展的方向，何志立產生回爐進修的想法。

何志立的父親雖然事業有成，但白手起家的他，對兒女的要求是勤奮與自立。父親鼓勵何志立回加拿大繼續深造，但是並沒有給予他經濟上的支持，而是把錢用在了慈善上。何志立表示，父親的良苦用心，對他影響頗深，一方面歷煉了他的生存能力，另一方面培養了他回饋社會的「慈善心」。

1996年，何志立進入新斯高薩省的Dalhousie法律學院修讀法律，這是一所法律專業在加拿大排名高的法律學院，每年只招收150名學生，專門培養加拿大法律界的精英。何志立於1999年順利畢業於該校，並在多倫多找到一份與法律相關的工作。

工作最初的兩年，何志立是很拼搏的。埋首於各種法律檔之間，很快累積了足夠的經驗，考取安省執業律師牌照，並於2001年開辦了屬於自己的律師事務所。

談起在香港回流的這段經歷，何志立不無感慨的説，這段打拼生活讓他感悟到，如果想取得成績必須付出努力，但是付出努力未必就一定會取得成功。所以人生不應以追求成功為目標，但應該勤奮地走在通往成功的路上。

不忘初心　堅持回饋社區

有了自己的律師樓，何志立更加忙碌了。業務的進展，並沒讓他迷失在成功之中，相反他牢記父親的諄諄教導，只要有能力就不忘幫助別人，在助人中享受快樂。

為了更好服務社區，2001年何志立投身萬錦列治文山華商會，成為華商會的會董，這也是何志立正式進入社區服務的開始。有人問：「何律師，加入華商會是不是會給你帶來好多生意啊？」何志立誠懇地回答：「如果為的是增加客戶或者是開拓業務，那麼華商會的會董一點沒有便利之處，相反還會浪費很多時間和金錢。讓我為之付出時間和精力的動力有兩個：一個是來自父母的教誨，這個世界上無論地位高低，財產貧富，每個人都應該懷著感恩的心回饋社會，我也常常教導自己的女

兒，學習感恩，並在給予中獲得快樂，因為施比受更有福。

另外一個原因則是，作為一個新移民，經歷了很多艱辛，瞭解其中的不易，希望自己可以為華人和主流社區之間架起一座橋樑，這樣華人社區和華人才不會被遺忘，也才會在社會中發揮重要作用，為加拿大主流社區所接納。」

2006年，何志立被前列治文山員警總長邀請為座上賓，參加該市反罪案工作會議，令何志立有機會為華人發聲，詳細介紹了華商在經營生意的過程中遭遇的各種治安風險，比如打劫、偷盜等，讓警界瞭解華人商戶的需求，改善華人商戶的經營環境。會議之後，列治文山警察局對華人商場增派警力，解決了華人商戶的困擾。

除了華商會的工作，何志立曾在2009年被委任為國際扶輪社7070區副區長；還先後為獅子會、加中保險專業協會等社團做法律顧問，以專業知識為社區提供優質服務。

為慈善而跑　改變生活方式

憑著多年來為社區服務累積的經驗，何志立的目標也從為社團提供法律諮詢及援助轉向慈善組織，更直接的服務社區、服務弱勢社群。2011年9月，何志立被選為耆暉會會長。

耆暉會是成立於1976年的非牟利組織，主要為長者及殘障人士提供社區支援及安康照料服務，以確保獨居或體弱的老人享有獨立及豐富的生活。

何志立說，作為會長，我的理想是帶領耆暉會修建一個“一站式綜合社區服務中心”，為社區提供一站式醫療保健、健康護理及康復治療護理、社區支援服務和康樂服務，包括預防、醫療、短暫康復護理照顧、交通、膳食、眼睛護理、緊急護理、心理健康、家居及個人護理服務。如果這樣的服務中心落成，也將開啟加拿大社區服務中心新模式，具有里程碑的意義。

經過測算，修建一個這樣的一站式綜合社區服務中心，大

約需要1,800萬，經過何志立律師及耆暉會的多方懇談，最終獲得安省基建專案貸款1,200萬元，餘下的600萬完全需要耆暉會獨自籌資。意外的，這一項耆暉會籌款的善行，同時改變了何志立的生活方式。

最初何志立開始親力親為為這筆款項奔走，並打算嘗試參加豐業銀行一年一度湖濱馬拉松慈善長跑活動。何志立説，別説馬拉松，在那之前連跑步都沒有試過。那個時候自己身體也不是很好，膽固醇指標很高，因為工作關係，長期久坐，還有一個鼓鼓的小肚子。

朋友們聽説何志立要參加慈善長跑，紛紛勸阻，大家認為這對一個中年人來説是個不可能完成的任務。何志立當然也知道這個決定對自己是個極限挑戰，但是為了耆暉會的理想，何志立堅持一拼。

何志立開始有計劃的參加各種體能及長跑訓練，為馬拉松做準備。2011年，初試牛刀的何志立完成了有生以來的第一個半馬，20公里長跑。這不僅讓他的朋友們大跌眼鏡，也讓何志立對自己、對耆暉會充滿了信心。

2012年，何志立宣佈正式參加42公里馬拉松長跑。俗話説35公里是馬拉松的鬼門關，跑全程馬拉松跟半馬比起來，可不僅僅是體能、速度和時間的延長，更是對人意志力的考驗。何志立説，籌款600萬是挑戰極限，跑完全程馬拉松也是挑戰極限。這個為了達到目標有著堅韌毅力的男人，終於向著他的理想，排除萬難，大步前進。

那一年，何志立在親朋好友及耆暉會的感動中跑完全馬。當天何志立個人籌款2萬元，也是全多倫多籌款最高數額的前十名。謙遜的何志立並沒有把成績攬在自己的身上，而是感謝朋友的信任與相助。他説，有一個朋友為了鼓勵他便提議，只要何志立每跑一公里就捐款10元，結果何志立跑完全程，這個朋友也捐了420元。

從此，何志立不僅僅參加豐業銀行的湖濱馬拉松長跑，

也陸續加入其它慈善組織的長跑活動。在一次又一次挑戰身體極限的同時，也為耆暉會籌款。何志立說，後來參加馬拉松長跑，已經不僅僅是為耆暉會而跑，也是為自己而跑。馬拉松已經成為自己生活中的一部分。從前的膽固醇指數降到正常水準，身體狀況愈發健康，以前的小肚子不見了，取而代之的是勻稱的身材。無心插柳，因為幫助別人而幫到自己，真是個令人意想不到的收穫呢。

從2013年11月，安省基建處批准了1,200萬貸款之後的破土動工開始，到2015年整座大樓完全建成，耆暉會終於擁有了佔地7萬平方呎，四層樓面，集社區服務、家庭醫生服務、專科醫療、長者康復及康樂、幼托、青少年活動、圖書館、甚至小型手術等十數項社區服務於一體的新型社區中心。

2015年10月，耆暉會搬進新的大樓，何志立十分珍惜這座建築，推薦參評在英國倫敦舉辦的建築設計比賽，不負期待新大樓贏得了歐洲健康設計獎。作為全加第一個一站式綜合社區服務中心的參與者，何志立表示，這座建築的意義已經超越了建築本身，它象徵著加拿大在服務耆老及社區方面又向前邁出了一大步。很幸運在這個過程中，有機會讓自己參與，成為這座里程碑式的建築中的一份子。

作為移居加拿大30多年的老移民，何志立瞭解所有移民來到新的國家遭遇的困難及挫折，文化背景的不同成為移民融入主流難以逾越的鴻溝。何志立目前越來越多地參與主流社區的各項活動，希望可以讓更多主流社區看到華人積極活躍的身影，展現華人參與回饋社區的正面形象，更有效的幫助華裔社區提出需求，解決問題。何志立律師表示，自己還會繼續堅持為社區服務，希望自己可以真正成為華裔社區和主流社區間的橋樑。

何志立的善舉可以說得是為行善而行善，雖不求取歌頌也不求取報償，但兩者終將會降臨在他身上。



2011年參與湖濱馬拉松42公里長跑
First Full Marathon (42K) running
for Carefirst in 2011



2016年與太太Laura及女兒在夏威夷
With wife (Laura) and daughters (Megan and Jocelyn) in
Hawaii (March 2016)



2012年與父母親在宴會上合照
First Full Marathon (42K) running for Carefirst in
2011



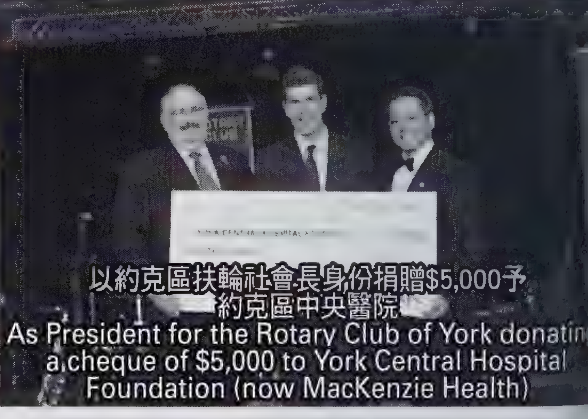
應邀在約克區警察總長退休宴會上致詞
Being invited to speak at former Chief's
retirement dinner (2016)

以耆暉會會長身份接受佛光山$100,000捐款
As President for Carefirst Seniors & Community
Services Association receiving a $100,000
donation from Buddha's Light International
Association of Toronto

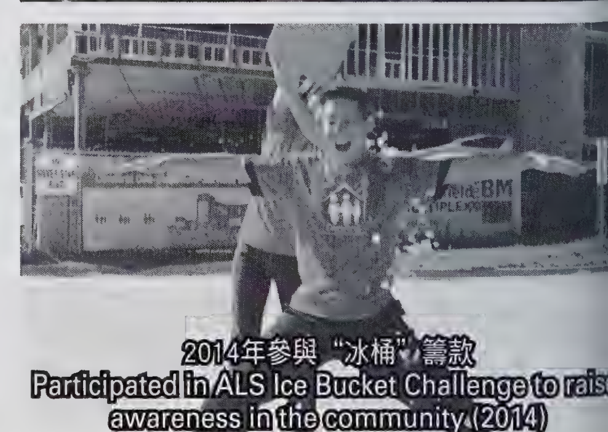




2016年與約克區警察總長La Barge及他太太
在他的退休宴會上合照
With former York Regional Police Chief Armand
La Barge and his wife Denise La Barge at his
retirement dinner (2016)



以約克區扶輪社會長身份捐贈$5,000予
約克區中央醫院
As President for the Rotary Club of York donatin
a cheque of $5,000 to York Central Hospital
Foundation (now MacKenzie Health)



2014年參與"冰桶"籌款
Participated in ALS Ice Bucket Challenge to raise
awareness in the community (2014)



1年完成湖濱馬拉松長跑後與家人及支持者合攝
h family and supporters from Carefirst after completing the 1st full marathon in 2011



接受約克區扶輪社捐贈的$30,000支票
Receiving a $30,000 donation from Rotary Club of York



義務主持社區講座
Giving free seminar in the community



與耆暉會籌建委員會名譽主席關保衛及基金會主席保延敏合攝
Vith Stanley Kwan (Honourary Chair - Capital Campaign) and Ian Po (Carefirst Foundation Chair)



2013年耆暉會新設施動土儀式Groundbreaking
Ceremony for the Carefirst Facility (Nov 2013)



為長者送上聖誕大餐
Serving the seniors at Christmas party with former president Genevieve Wong



與現任約克區警察總長Eric Jolliffe 出席社區活動
With current York Regional Police Chief Eric Jolliffe at a community event



2016年耆暉會一站式綜合社區服務中心開幕
Grand Opening Ceremony of Carefirst One-Stop Access Multi-Services Centre in June 2016



與列治文山市長巴羅在耆暉會周年籌款晚會合攝
With David Barrow, Mayor of Richmond Hill at a Carefirst Gala

歡迎多倫多市長莊德利訪問耆暉會
Greeting Toronto Mayor John Tory at one of the Carefirst locations

Mr. Sunny Ho

Mr. Sunny Ho, a lawyer who began his career in chemistry, found his mission in life in charitable work. In order to build an unprecedented one-stop integrated community service center for the elderly, he faced the challenges head on and made relentless efforts to raise funds, overcoming obstacles to succeed and realize his dream.

We met Mr. Sunny Ho, a handsome man, in his office. The sunny smile on his face reflects his name.

His Richmond Hill law firm deals mainly with real estate and civil law. However Sunny did not study law in university; he majored in chemistry.

In 1982, Sunny immigrated to Toronto from Hong Kong with his mother and studied at McMaster University, completing a Bachelor of Science degree in Chemistry. Prior to graduation, he had worked in the chemistry laboratory at the Federal Department of Fisheries and Oceans of Canada. The rigidity of work in chemistry felt restrictive and monotonous to Sunny, and after graduation, he threw himself into a more challenging industry: real estate. Unfortunately, his timing coincided with the slump in the Toronto real estate market. Sunny was lost as he tried to find a new direction for himself. In frustration, he decided to return to Hong Kong.

Sunny's father is a successful accountant in Hong Kong. His father's achievements compounded his frustration and sense of loss. But he did not let this frustration sink in; instead, it lit up his intense ambition.

Back in Hong Kong, Sunny continued to work hard in the real estate business, often spending over ten hours a day buried in the complex legal documents associated with real estate transactions. Not only did he become familiar quickly with different business transactions within the real estate sector, but he also acquired a strong interest in legal issues. Sunny said he did not feel tired from the hectic work. On the

contrary, he was motivated because he loved the work. The idea of going to law school was brewing on Sunny's mind as he tried to find the direction of his own career development.

Sunny's father is a self-made successful business man and expected hard work and self-reliance in his children. He encouraged Sunny to return to Canada to continue his studies, but did not give him financial support. He would rather spend his money on charity. Sunny says that his father's thoughtfulness made a deep impact on him. On the one hand it helped him become more resilient; on the other hand, it taught him the concept of 'benevolence' and that he must give back to the community.

In 1996, Sunny enrolled in Dalhousie Law School in Halifax, Nova Scotia. It was ranked as one of the top law schools in Canada with only an annual enrollment of 150 students, providing training for the elite in the Canadian legal profession. Sunny completed his studies in 1999, and started articling with a law firm in Toronto.

Upon completion of articling, Sunny received his professional designation from the Law Society of Upper Canada in Ontario, and started his own law firm in 2001.

It is not without emotion that Sunny talks about his work experience back in Hong Kong, how he came to realize that if one wants to get results, one has to work hard. However, success does not necessarily follow hard work, so the pursuit of success should not be one's only goal in life.

Sunny was busier than ever once he opened his own law practice. Even as his business prospered, he did not let success go to his head. On the contrary, he took to heart the earnest lessons he learned from his father: as long as you have the ability, don't forget to help others; relish in the joy of giving.

To better serve the community, Sunny joined the Richmond Hill and Markham Chinese Business Association in 2001, and sat on its Board of Directors. It marked the starting point of Sunny's involvement in

community work. Someone asked Sunny if he got a lot of business referrals from joining the Chinese Business Association. Sunny sincerely replied: "If the goal is to increase your clientele or expand your business, then there is no benefit in sitting on the Board of the Chinese Business Association. It will only be a waste of time, along with spending a lot of money."

Sunny says, "There are only two things that motivate me to spend this much time and effort: the first one is the teachings of my parents: regardless of your position in the world, rich or poor, everyone should pay back to society with a thankful heart. I often teach my daughters to learn to feel gratitude, and to enjoy giving. The second reason is that as an immigrant myself, I could understand how difficult it is for new immigrants. I hope I can work between Chinese and mainstream communities to bridge the gap, so that the Chinese community and Chinese people will not be forgotten. Chinese Canadians can play an important role in society, and be accepted by mainstream. "

In 2006, Sunny was invited to join the Community Crime Prevention Council, an initiative started by former York Region Police Chief Armand Le Barge. Sunny had the opportunity to speak on behalf of the Chinese community, detailing the various security risks Chinese businesses face in the course of doing business, such as robbery and theft, so that the police could understand their needs and help improve their business environment. Following a series of meetings, additional police were provided for Chinese restaurants and shopping malls to help resolve the security concerns of Richmond Hill and Markham Chinese merchants.

In addition to his work with the Chinese Business Association, Sunny had also served as Assistant District Governor for Rotary District 7070 in 2009. Rotary International is a well-known organization with over 2 million members worldwide. Currently, Sunny is also serving as legal advisor for the Toronto Cathay Lions Club, Cast Popular Music Centre, as well as Canadian Chinese Insurance Professionals Association, utilizing his legal expertise to help the community.

With years of experience in community service, Sunny's contribution to society shifted from providing legal advice and assistance to helping charitable organizations more directly to serve the vulnerable sector. In September 2011, Sunny was elected President of Carefirst Seniors and Community Services Association.

Carefirst was established in 1976 as a non-profit organization, which offers care and various services for the elderly and people with disabilities in the community, to ensure that frail and elderly seniors living alone could enjoy independent and enriched lives.

Sunny says that as President, his goal was to lead Carefirst to build a "one-stop access multi-services center" to provide health care, rehabilitation, community support and recreational services, including illness prevention, treatment, rehabilitation, nursing care, transportation, meals, eye care, emergency care, mental health, home and personal support services all under one roof. Such an integrated service center would become a new model and an important milestone for the Canadian community.

The estimated construction cost of such a one-stop integrated community service center was approximately $18 million. After having numerous meetings with the government officials, Sunny and Carefirst were able to secure a $12 million loan from Infrastructure Ontario, with the remaining $6 million to be raised on their own. Unexpectedly, this fund-raising for Carefirst changed Sunny's lifestyle.

Looking for different ways to raise this money, Sunny planned to try the annual Scotiabank Toronto Waterfront Marathon. Up to then Sunny had not run before, let alone a marathon. At that time his physical condition was not very good; he had high cholesterol levels, and a bulging belly because of his sedentary lifestyle with long hours at work.

When Sunny's friends heard about his plans to run the waterfront marathon, they discouraged him, thinking it was an impossible task for a middle-aged man. Sunny certainly knew this decision was the

ultimate challenge for himself, but in order to reach his goal for Carefirst, he insisted on trying.

To prepare for the marathon, Sunny began taking various fitness and marathon training. In 2011, Sunny completed his first ever half-marathon, 21 km of long-distance running. This not only stunned his friends, but also gave Sunny confidence in himself and Carefirst.

In 2012, Sunny announced his plans to participate in the 42 km marathon. As the saying goes, the 35 km mark is where runners hit the wall in any marathon. It is not just a matter of physical fitness, improving the speed or time for the full marathon compared with the half, it is now a test of willpower. Sunny said that raising $6 million and finishing a full marathon were challenges of the same magnitude. It was with great tenacity that he overcame all the obstacles in order to achieve his goal.

That year, Sunny's efforts to run a full marathon moved his friends and family and all of Carefirst. He received well over $20,000 in pledges, and was recognized as one of the top individual fundraisers in the Greater Toronto Area. Sunny modestly did not take credit for the money raised, but thanked his friends for their trust and help. He said a friend tried to encourage him by proposing that he would donate $10 for each kilometer Sunny completed, with the result that this friend donated $420 when he finished the course.

Since then, Sunny not only participated in the Scotiabank Toronto Waterfront Marathon, he has also joined other charity marathon events. While he challenges again and again the limits of his body, Carefirst raises funds at the same time. Sunny says now he does not just participate in the marathon for Carefirst, but he is also running for himself. Marathon has become a part of his life. His cholesterol has gone down to normal levels, and he is in good physical shape as a result. His pot belly is now replaced by muscle. Serendipitously, he has helped himself through helping others, a windfall unexpected.

After Infrastructure Ontario approved a $12 million loan, Carefirst broke ground in November 2013. In 2015, the new building was fully completed, with four floors covering a total area of 70,000 square feet, providing community services, family clinic, specialist medical care, rehabilitation and recreational services along with childcare, elderly and youth programs, libraries, and even offering minor surgeries. There are more than ten services in this new community center.

Carefirst moved into the new building in October 2015. Sunny was excited when he learned that Carefirst won the European Health Design Award in London, England. As a participant in establishing the first Canadian community one-stop access multi-services center, Sunny says that the significance of the building has gone beyond the building itself. It is a symbol for a new standard in Canada's seniors and community service. Sunny is very proud to have had an opportunity to participate in this process, and become a part of this landmark building.

As an immigrant who moved to Canada more than 30 years ago, Sunny understands the difficulties and setbacks new immigrants with different cultural backgrounds encounter, and how insurmountable the divide from mainstream seems to be. He plans to get more involved in the activities of the mainstream community, hoping to present a positive image of Chinese-Canadian community through his contributions. By actively giving back to the community, he can be more effective in helping to raise the profile of the Chinese community, and help resolve its problems. Sunny says he will continue to devote himself to community service, and that he hopes to truly become a bridge between the Chinese and mainstream community.

Sunny does not expect any accolades or returns for the contributions that he has made to the community. But in the end he has earned both.



郭清華女士
Ms. Annie Kwok

作者：吳翠儀

Author: Clorie Ng

盛事善事為社羣 文化橋樑從心建

投身酒店業30多年的郭清華，不但是一位籌備宴會和款客服務的專家，亦是各種大型活動、舉足輕重盛事的幕後功臣，曾參與締造了不少歷史時刻。她又把豐富的專業知識和經驗獻給社群，從盛事延伸至善事，義務協助社區籌劃高水準的慈善活動，不分主流或族裔社群。此外，又致力促進主流與華裔社區之間的聯繫，還熱衷於教導下一代，為「款待業」賦予新的意義。

郭清華把自己形容為一道橋。這是她看到自己一直在工作和社群中擔當的角色，她也不諱言這是一個獨特的角色；畢竟，像她一樣熱愛搞盛事，做善事，又具有此等專業知識和豐富經驗的人實在不多。更難得的是，她天生一股服務社群的熱心，絕不斤斤計較付出多少，也不需要表揚或回報。每當談到難忘的盛事，她總是說可以參與和處身其中，已是最大的滿足。

過去30多年，她曾任職香港和加拿大的高級酒店，也曾在大多倫多會展中心宴會部工作14年。在主流社會取得成就之餘，她又積極參與華人社區舉辦的活動，尤其是籌備慈善活動，務求把活動的質素提高，取得更美滿的成果。

另一方面，她又把中國傳統文化特色介紹給主流，例如1992年，在費爾蒙皇家約克酒店首次引入正宗中國菜，開多倫多高級酒店之先例，繼於1995年在大多倫多會展中心引進中菜，帶動一股新的跨文化飲宴潮流。

2007年退休後，她更進一步義務參與籌劃社區內的大小活動，例如作為港加商會創會以來的活躍會員，繼續推動港加活動，甚至跨越地域文化限制，足跡遍佈中、港、加，以致世界各地。

華麗上路 幾度轉身

郭清華談起她如何踏足酒店業，不禁從小時候的一段「美味」回憶開始。猶記她母親最愛吃香港半島酒店的L'opera 巧克力蛋糕；家境雖然並非富裕，爸爸也會不時帶一家去半島品嚐太太的心頭好。年紀小小的郭清華樂於置身五星級豪華酒店，卻沒有想過有一天竟會每天進出這酒店大堂，而且還在此走上她的「華麗人生路」。

也許是個性使然，郭清華高中畢業後毫不猶豫選上前赴夏威夷唸旅遊業管理，她自言從小佻皮又愛玩，性格外向好動，是一個天生的「搞事」能手，可幸她搞的都是服務大眾和客戶的事。

話説她選讀了旅遊業管理系，主修科目是酒店與餐飲行政管理，當中也涵蓋客戶服務、活動策劃和營銷等層面；未來要走的路，也就此一搥定音。

到大學三年級暑假，她寫了44封信申請暑期實習職位，最終取錄她的，竟是香港半島酒店集團，原來當時酒店公關部一位助理經理剛好短期離職，於是由她暫代。回想起上班頭幾天已碰著《鐵金剛007》電影攝製隊在酒店內取景，加上置身華麗高雅的工作場所，興奮之情至今仍然難以忘懷。

1974年畢業後，她正式受聘於半島酒店集團，滿懷希望回港步上青雲路。然而1975年，隨著家人移民加拿大，她亦移居溫哥華，重頭再找工作，樂觀的她，既相信只要有人到的地方便有酒店，也就是説，工作機會到處都有；何況，她也毫不介意擔當的是甚麼職位。經多番努力，她終於獲溫哥華希爾頓酒店聘用，其後又返港任職香港希爾頓酒店，晉升為宴會部經理。

1983年，郭清華再度走上移居之路，這回也是為了與家人

共同進退，當時丈夫因工作關係要移居至多倫多，她也作好準備迎接另一個新開始。可是那年剛遇上經濟衰退，她唯一能找到的工作是在希爾頓海港城堡酒店當電話接線生。然而，她絕不介懷「變相降職」，並且慶幸依然可以在酒店任職。終於守得雲開，不久以後重回宴會部任職。

1990年，她的事業更上層樓，轉往費爾蒙皇家約克酒店任職宴會部經理，成為這酒店1923年開業以來第一位擔當此職的女性和華裔。

1994年，她又被邀加盟大多倫多會展中心任職宴會部主管，並參與當時南翼的擴充計畫。

1996年，南翼開幕在即時，她患上了乳癌，要每週接受一次化療，她卻沒有因此而停步，只管全力以赴，最後勝過了癌魔，也完成艱鉅的任務。

家國社區有情人

2007年是郭清華的退休年，然而她依然「以活動為生」，繼而從心出發，以豐富的經驗和專長回饋社會，此間，她亦對港、加、中國、及社區傾出關注之情，參與締造了好些歷史性盛事。

其中最難忘的，包括2015年協助香港貿易發展局籌劃了「邁向亞洲、首選香港」研討會；這是貿發局在加拿大舉行的有史以來最大型推廣活動，有千多位代表參加。其中高潮是香港特首梁振英到訪，與多倫多華人社區會面，以及與多倫多地區貿易局和港加商會舉行早餐會議。對她而言，別具意義的是，特首訪問多倫多的一天是6月8日，正好是她的64歲生日。她笑說當日籌備了一次500人晚宴，感覺有如和500人一起慶祝生日。

她曾見證的歷史時刻，包括1994年國泰航空首度香港直航多倫多，為此舉行慶祝晚會、1997年香港回歸中國，她策劃在大多倫多會展中心衛星直播政權交接儀式。

此外，也難忘1997年國家主席江澤民首次訪問多倫多、2005及2010年國家主席胡錦濤到訪多倫多和渥太華，她先後代表多倫多會展中心協助加中貿易理事會籌備款待晚宴。

她特別回味與珍惜的，不光是歷史性盛事，也有一些溫馨和別具意義的社區活動，例如「香港聯校情人節晚會」，便是她從1984年起一直參與，並擔任籌委會成員。此外，又曾任聖保祿學校多倫多分會會長，她對中學母校特別有感情， 因為她母親也同屬此校。

2007年，她開始擔任孟嘗會的董事，對該會一年一度舉行的重點籌款項目「孟嘗之夜」，亦早有參與，並於2011年擔任共同主席。

對於主流社區慈善活動，她同樣積極參與，例如多年來一直參與「大多市愛滋病社區」籌辦的慈善時裝表演， 以及聖米高天主教長者組織的活動。於2007年，又參與策劃「金盤廚子大賽」， 為2008年參加北京奧運會的加拿大選手籌款。

歷史時刻繼續創

要計算郭清華曾經成功籌劃的盛事，實在不甚可能，然而她相信分享自己的成功經驗是絕對可能和值得去做，因此她很著力將經驗與年青一輩分享，甚至認為自己職業生涯的一大「亮點」是造就和培育了不少有志晉身酒店業的年輕人。

多年來，在她任職的各間機構，她都會向多間提供款待業課程的專業學院和大專收取實習生，並且擔任他們的導師， 在不同範疇以各種方式提供意見及指引。對她而言，看到他們成

長以至在業內取得成就，是無可比擬的「回報」。這些年來，受她所教的後輩遍佈世界各地的酒店，她也可說是桃李滿天下。事實上，就連她的兒子現時也是從事飲食業，她所樹立的榜樣不言而喻。

對於年輕後進，她有好些成功格言樂於分享，首先是要「事事關己，參與投身」，而且要與時並進。談到聘用職員，她說最重視的是態度；一個人待人接物是否真誠，客戶很容易感覺得到。此外，她又說懂得靈活變通是另一要素，尤其這行業，時刻要處理意想不到的突發事件或情況，必須隨機應變，作好後備方案，並且懂得建立和調動資源。

與她一席話，恍若走進了盛事的後台，看到舞台背後的真功夫。對於「寶刀未老」的她而言，歷史時刻自然要繼續締造，盛事仍要繼續上演。

展望來年2017，她表示正熱切期待香港回歸20週年，和加拿大150周年的慶祝活動，希望可以出一分力，創造歷史里程。


四歲大
At 4 years old

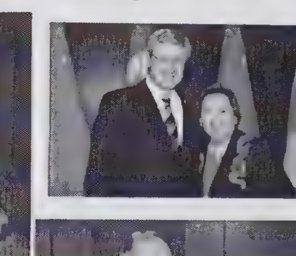

聖保祿天主教小學六年級
St. Paul's Primary Catholic School – Grade 6


聖保祿學校畢業典禮 (1969)
St. Paul's Convent School-Speech Day (1969)


兒子李康恩婚禮 (2008)
Son Gerald Li's Wedding (2008)


在費爾蒙皇家約克酒店歡度"四十大壽" (1991)
"Big 40" at the Fairmont Royal York (1991)


「金盤廚子大賽」- 與賈斯汀· 杜魯多及施珍珍 (2009)
Gold Medal Plates, at Banff with Justin Trudeau, Dorothy Pang (2009)


加中貿易理事會在廣州 (2013)
Canada China Business Council event at Guanzhou (2013)


聯邦自由黨晚宴 (2000)
Confederation Dinner (2000)




「邁向亞洲 首選香港」研討會, 香港特首梁振英到訪 (2015)；加中貿易理事會接待國家主席胡錦濤。
With Chief Executive the Hon. C. Y. Leung (2015); President Hu Jintao, People's Republic of China


與成龍和丈夫李廣豪在 Skydome (2005)
With Jackie Chan and husband Peter Li at the Skydome (2005)





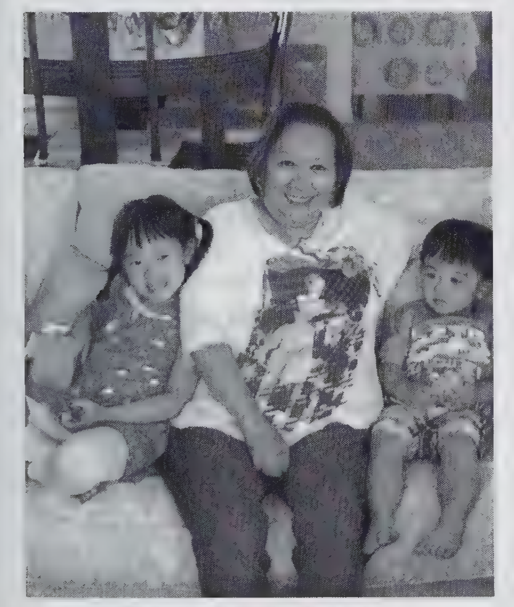
與前紐約市長Rudolph Guiliani (2002)；與前美國總統Bill Clinton (2004)；
與前美國副總統伉儷 Al & Tipper Gore (2005)
An Evening with Rudolph Guiliani (2002), with Bill Clinton (2004),
with Al & Tipper Gore (2005)



港加商會2016新春晚宴與芮紹能、
Glen Dierker及歐陽健昌
Hong Kong Canada Business Association 2016
Chinese New Year Ball, with Andrew Yui, Glen
Dierker, Dennis Au Yeung



與劉兆和在孟嘗會15年義工服務獎 (2011)
Mon Sheong Foundation 15th Year Volunteer Award
with Garth Low (2011)



和孫兒李晞婷、李庭謙 (2016)
With grandchildren Paityn Grace, Harry (2016)



全家福 – 兒媳和孫兒 (2014)
Family all together (2014)

Ms. Annie Kwok

Annie Kwok, an expert in organizing large functions and galas, joined the hospitality industry over 30 years ago and was responsible for the planning and execution of many significant public events. Through her pivotal work behind the scenes, countless historic moments were made. She has shared her expertise and dedicated herself to the community, extending her work from corporate event planning to volunteering at charitable events for both mainstream and the ethnic community. In addition, Annie has been working hard to facilitate exchanges between Canadian and Chinese businesses, with government agencies and at the community level. She is passionate about sharing her experience with the younger generation, giving new meaning to the word "hospitality".

Annie describes herself as 'a cultural bridge', a unique role that she enjoys playing because she loves being involved with large events and being able to help out in the community; at the same time very few people have her level of knowledge and experience. Also rare is the fact that Annie is naturally enthusiastic about volunteering. She is not preoccupied with how much she gets paid; nor does she need recognition or reward from others. She says the fact that she is participating in a memorable event already gives her great satisfaction.

Over the past 30 years, she worked in luxury hotels in Hong Kong and Canada, and had also worked at the Metro Toronto Convention Center for 14 years. On top of her achievements in mainstream society, she is actively involved in Chinese community events. A founding member of Hong Kong Canada Business Association, she has helped organize many charitable events with a view to enhancing the quality of activities, and getting the best results.

In addition, she brought traditional Chinese culinary culture into mainstream. As an example, in 1992, she introduced authentic Chinese cuisine to the Fairmont Royal York, setting a precedent in top-ranked

hotels in Toronto; and in 1995 she also introduced the same to Metro Toronto Convention Center, leading a new wave of Asian fusion food in banquets.

Even after retiring in 2007, Annie has continued to volunteer in planning for various large and small events within the community and across cultural boundaries, traveling throughout China, Hong Kong, and around the world for this work.

When Annie talks about how she happens to be involved in the hotel industry, she cannot help but reminisce about wonderful childhood memories of her mother's favorite L'opera chocolate cake at the Hong Kong Peninsula Hotel. Although her family was not wealthy, her father would occasionally take her mother to enjoy her favourite treat at the Peninsula. Little Annie was already exposed to the 5-star luxury hotel from a young age, but she never dreamed that one day she would be walking in and out of that hotel lobby every day, and that this would set her off to a "glamorous way of life."

Perhaps it is what her personality dictates, but without hesitation after graduating from St. Paul's Convent School, Annie departed for Hawaii to study Travel Industry Management at the University of Hawaii. Annie says growing up she was impish and playful, with a dynamic and outgoing personality. She is a natural "organizer", and fortunately her natural instincts have been put to good use in doing all the right things.

She majored in Travel Industry Management, specializing in Hotels and Restaurants, which also covered customer service, event planning and marketing. Her Business Administration degree was solid preparation for her career going forward.

In the summer of her junior year at the University of Hawaii, she wrote 44 letters to apply for a summer internship. In the end, she was accepted by the Peninsula Group of Hotels. As luck would have it, their public relations manager had to take short-term leave, and she was

hired to fill in temporarily. Annie recalled within the first days of work, she bumped into film crews shooting "Goldfinger" at the hotel. Her excitement of meeting "James Bond 007" on top of working in such gorgeous and elegant surroundings is still unforgettable to this day.

After graduating in 1974, Annie was formally hired by the Peninsula Group of Hotels and returned to Hong Kong full of hopes for a fulfilling career. However, in 1975, she decided to immigrate to Canada with her family. After landing in Vancouver, she was optimistic about finding a job soon, because she did not mind what kind of position she would get in a hotel. She also believed that where there were people, there would be hotels, and that job opportunities were everywhere. After repeated efforts, she was finally hired by Hotel Vancouver, which was run by Hilton. Subsequently Annie returned to Hong Kong and worked in Hong Kong Hilton, where she was promoted to banquet manager.

In 1983, Annie was on the move again with her family when her husband had to move to Toronto because of his work. She was ready for another new beginning, but it was just in the midst of an economic downturn, and the only job she could find was at the Harbour Castle Hilton as a switchboard operator. However, she did not mind the 'demotion". Annie was just glad that she could still work in a hotel. Soon enough, she was promoted to a position in the Catering & Conference Services Department.

In 1990, her career reached new heights. She switched to the Fairmont Royal York Hotel and worked there as Director of Catering, becoming the first woman and ethnic Chinese director there since the hotel opened in 1923. In 1994, she was invited to join the Metro Toronto Convention Center Catering Department, and was involved in the south wing expansion plan.

In 1996, Annie discovered that she had breast cancer, and had to undergo chemotherapy every two weeks. She did not stop her work but

instead went all out to complete the arduous task of preparing for the opening in 1997 and conquer her cancer at the same time.

2007 was Annie's year of retirement, but since then she has stayed active in the community. She shares her wealth of experience and expertise to contribute to the communities in Hong Kong, Canada, and China, participating and helping out in many historic events.

One of the most memorable events for Annie was assisting Hong Kong Trade Development Council to plan the "Think Asia – Think Hong Kong" Symposium. It was the largest promotional activity held by the Hong Kong Trade Development Council in Canada, with over a thousand attendees at the symposium. It culminated with a visit from Hong Kong Chief Executive Leung Chun Ying to the Chinese community in Toronto, and a breakfast meeting with the Toronto Regional Board of Trade and Hong Kong Canada Business Association. For her, of special significance was the Chief Executive's visit to Toronto on June 8 coincided with her 64th birthday. She laughingly said she spent the day preparing the event for 500 people and it was as if they were all celebrating her birthday with her.

The historic moments that she had witnessed included the event to celebrate the inaugural direct flight on Cathay Pacific from Hong Kong to Toronto in 1994, and the luncheon event to celebrate the return of Hong Kong to China in 1997, marked by a live broadcast via satellite of the Hong Kong reunification ceremony at the Metro Toronto Convention Center.

Also unforgettable to her are President Jiang Zemin's first visit to Toronto in 1997, and Chinese President Hu Jintao's visits to Toronto in 2005 and to Ottawa in 2010. On those occasions, she helped Canada China Business Council prepare for the evening gala events at the Metro Toronto Convention Center and at the Westin in Ottawa.

Aside from these historic events, Annie particularly cherished many

warm and meaningful community activities, such as the annual "Hong Kong Joint-Catholic School Valentine's Ball". She has been involved with this event since 1984, and serves as a member of the Organizing Committee.

Between 2007 and 2014, she served on the board of directors for Mon Sheong Foundation, focusing on fund-raising at the annual "Cathay Ball", and co-chairing the gala in 2011. Since then, she has been a member of the Honorary Board of Governors for the foundation.

She has also been actively involved in mainstream charity events. For many years she was on the organizing committee for "Fashion Cares", a signature fundraising event for the "AIDS Community of Greater Toronto". A member of the "Golden Seniors" group at her church, the St. Michael's Catholic Church, she organizes occasional lunch outings for the seniors. In 2007, she was on the Toronto Committee for the "Gold Medal Plates" culinary competition to raise funds for Canadian Olympic Foundation's "Own the Podium" program.

It might not be possible to count the number of events Annie has successfully held, but she believes that it is possible and worth it to share her successful experiences. She is passionate about mentoring the younger generation, and feels that one bright light in her own career is the nurturing of the many young people who wish to enter the hospitality industry.

Over the years, in the various organizations that she worked, she would accept interns taking hospitality courses at a number of professional schools and colleges and serve as their mentors in different areas to provide advice and guidance. For her, the satisfaction of seeing them grow and achieve new heights in the industry is unparalleled by anything else. The young people that she taught are now working around the world. In fact, even her own son is engaged in the restaurant business, following the steps of his mother.

Annie has a motto to share with young people: 'throw yourself into everything because everything is your concern'. Another motto is: 'be relevant - change with the times'. She says the most important thing in hiring staff is their attitude. Customers can tell whether you are sincere. Flexibility and adaptability are also important elements, especially in the hospitality industry. There are always emergencies and unexpected situations, and one must be prepared to deal with them, have a backup plan and know how to build and mobilize resources.

Talking to Annie is like stepping backstage when a major production is going on, and seeing what really happens behind the scenes. Annie has a lot to offer still and she will continue to create those historic moments and make things happen.

Looking forward to the year 2017, when the 20th anniversary of Hong Kong's return to China along with Canada's 150th birthday will be celebrated, Annie hopes she will be able to contribute her efforts and be part of these historic milestones.



鄺國雄先生
Mr. Alan Kwong

作者：吳翠儀
Author: Clorie Ng

創業 變中求勝　守業 穩中協進

一次席捲全球的金融海嘯，成為不少商家和企業的「滑鐵盧」；有的頓成一無所有，有的馬上重整旗鼓，再戰江湖。鄺國雄是後者，也是後者之中的成功例子；既把公司順勢轉型，重新站穩腳步，也隨之以回饋社會之心，把創業和營商的實戰經驗與其他商家和後之來者分享，推己及人。

鄺國雄是PharmEng Technology的首席執行官和主席；於1997年創立了公司，向製藥和生物技術行業提供國際諮詢和培訓，由一人公司發展成擁有百多名員工，業務遍佈加拿大、美國和亞洲的國際企業。

2005年，PharmEng在創業協進會（ACCE）舉辦的加拿大傑出華裔創業家選舉中獲得「最佳國際商業獎」。其後，他亦開始參與創業協進會，並於2010年至2014年擔任會長；2014至今出任協會的顧問。他相信「施比受更有福」，所以樂於積極參與社區，近年亦參與萬錦Stouffville醫院基金會和擔任多倫多史維會的董事會成員。

在創業和人生路上，鄺國雄走過路直、路彎、以至急轉彎。面對風雲變色、起與跌，但一直持守自己選上的路，走出困境，可說是「華麗轉身締傳奇」的最佳寫照。

人生三個轉身點

鄺國雄回看自己的人生，分別有三個「轉身點」：

1985之前，是求學時代，接受栽培，為將來的事業打好了基礎。1983年，他在密西根大學取得化學工程學士學位，然後於1985年在多倫多大學完成化學工程碩士學位。

1985至97年是創業的蘊釀期。自畢業後，先後任職多間著名醫藥、生物科技公司，包括安省癌症研究所，Connaught Laboratories Ltd., Apotex Inc., Purdue Pharma Inc., Glaxo Canada Inc., 美國的 John Brown Engineering 和 Taro Pharmaceuticals, 在企業階梯扶搖直上。

1995年，他轉職至紐約的 Taro Pharmaceuticals 高級項目經理，負責管理藥廠的技術營運方向，把計劃規劃好，向上級申請撥款，再向下級發佈工作，工作既穩定，報酬也相當可觀，作為三十出頭，家有賢內助和一對幼小兒女的「打工皇帝」，大可安享無憂生活。

那段日子，由於妻兒都在多倫多，每週往返美加兩地；一至四在紐約，五、六、日在多倫多。此間他留意到加拿大本土很缺乏醫療顧問公司，因此看到一個很大的市場，逐漸開始構想如何在加國實現自己的創業理想。

其實，這並非一時衝動之舉，創業的念頭一直在他的心中，1992年已在多倫多大學完成工商管理碩士學位，作好準備。

1997年，他決定放棄高薪厚職，從紐約回到多倫多創辦 PharmEng Technology，踏上充滿難測風險與挑戰的創業路。他也預設了最壞的打算和退路，認定即使失敗，憑著多年工作經驗，大可重新找工作。

高峰變險峰　風暴中轉型

萬事起頭難，開展了一人公司，也就是說要「一腳踢」，擔當所有工作，上至編寫計劃書，下至執行及處理文件，甚至倒垃圾也落在自己手上，箇中勞累自然只有自己能體會。他笑言自己的職銜是「總事長」。

捱過了第一年的難關，開始有盈利，再下來的十年，人生衝上一個高峰；公司迅速發展，業務擴展至美加等地；2005年，更進軍製造業，自設廠房生產配方藥，繼而在多倫多交易所創業板(TSX-V)上市融資。在業務高峰期，一年最高創收達2千多萬加元。公司擴展成擁有650位員工的企業。

然而，天有不測之風雲，2009年，正值要大展拳腳，再闖高峰之際；一場50年來最嚴重的金融風暴，令當時給鄺國雄融資的一家冰島銀行遭到重擊，銀行要求他歸還差不多1,500萬元的融資。2009年，他面臨創業以來最黑暗的日子；為了歸還銀行的欠債，不得不壯士斷臂，申請破產保護、實行債務重組，把生產廠房賣出，在股市市場上融資得來的數千萬元全數丟失了，公司最終只留下剛開始的顧問公司，並且由上市公司重新轉型為私人公司。

回想當日的滋味，受打擊不在話下，然而他迅即收拾心情，忘記背後，努力改變眼前的形勢，以至改寫命運；他相信，即使時不與我，做生意絕對不能靠運氣；當形勢不利於自己時，便得從中汲取教訓，並且動用所有資源去闖過難關，亦要停留在天天嗟嘆和後悔的境地。

回饋社會　有情歲月

經歷過成功、失敗、再成功，鄺國雄總結經驗説：「人生總有雨天，也有晴天；走到隧道的盡頭，總會重見光明」。

他又歸納出幾個成功要素：「首先，要了解你所從事的行業；第二：做對了的，便要繼續對下去；反之，走錯了路，便得反省錯在哪裡，並且作出相應的調整以至轉型；第三：要專注於強項，知道自己的限制，切忌要做『十項全能』。」

本著與人分享經驗和回饋社會的心，鄺國雄於2010成為創業協進會會長，展開他的「義工」生涯，他看到不少成功的企業家都傾注不少時間與精力投入社區，出發點並非為商業或經濟利益。在他看來，自己所付出的，一點也不算多，尤其是可以幫助其他創業人士踏上成功創業路。

創業協進會是由一群專業人士及企業家組成的非牟利志願團體；成立的宗旨為促進加國華人創業精神，表揚加國華人創業家之貢獻，協助加國華人創業以及促進創業家的社會責任感。

協進會每年都舉辦多項大型活動，包括「加拿大傑出華裔創業家選舉」、創業論壇、以及一些貿易的研討會或展銷洽談會，使會員得以增進營商知識之餘也可結識其他會員、拓展商務及建立生意網絡。在他任內，創業協進會的發展和影響力亦不斷延伸，達至加西，以至全加拿大。

贏在起跑線　一份珍貴禮物

鄺國雄一直深信，對於中國人而言，創業有如在血液中奔流的一股動力。而他的上一代也不例外；父親以前在香港經營小型建築生意，而且具有商家的遠見，為子女的將來籌劃，早在1980代已作出移民之舉，全家移居到加拿大。

在七兄弟姊妹之中排行最小的鄺國雄，笑說他從那時起才真正開始進入「英文世界」；英文名字Alan是在香港入讀了九龍華仁中學才取的。來到多倫多完成中學之後，卻沒打算留在加國升讀大學，反而選上了報讀美國密西根州大學的工程系，主要因該校的工程系當時排名全美第五。鄺先生的父母雖知赴笈美國學費不菲，但得知兒子獲取錄後，也二話不說地讓他前往攻讀；望子成龍，這是省不了的付出。

鄺國雄說這是父母親給他最貴重的一份禮物，如今，他亦不其然把這份重視教育的傳統觀念傳給下一代。如今女兒已為人師表，兒子則有意攻讀法律系。說起下一代，他特別提及另一個希望，是扶助新一代創業者，以及推進創業精神。

以這般視野回望過去與展望未來，無疑道出：「江山代有才人出，各領風騷數百年」。



幼稚園
Kindergarten



高中，就讀於九龍華仁書院
High school, at Kowloon Wah Yan College



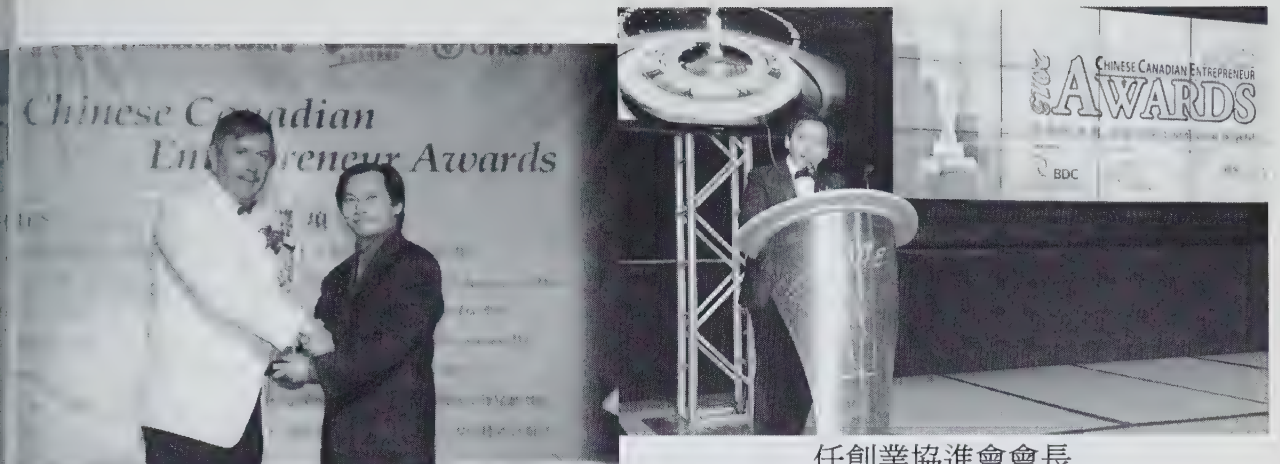
高中時，與家人 (後排右二)
During high school, with family
(at 2nd right)



移民加拿大以後首次遊美，於世貿中心留影
First tour of USA after immigration to Canada, on top
of World Trade Centre

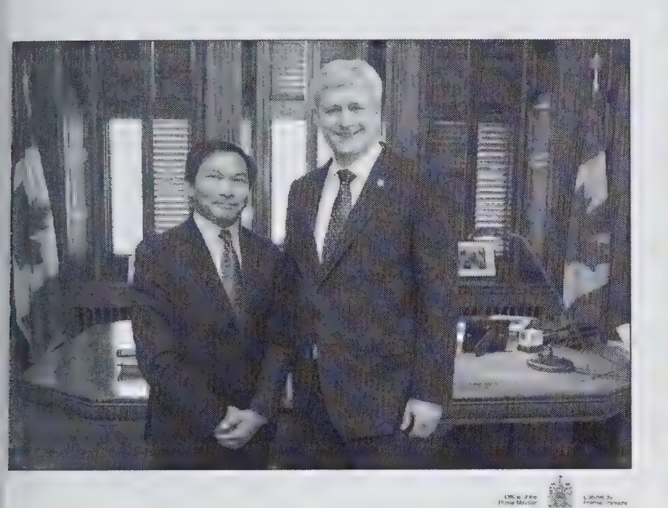


於多倫多大學工商管理碩士畢業
MBA Graduation from University of Toronto



獲創業協進會2005年「最佳國際商業獎」
Recipient of Best International Business Award in 2005 from ACCE

任創業協進會會長
As Chair of ACCE (Association of Chinese Canadian Entrepreneurs)



與前任總理哈珀
With former Prime Minister Stephen Harper



與總理賈斯汀・杜魯多
With Prime Minister Justin Trudeau



與PharmEng職員及家屬共享遊艇樂（前排穿白T-恤）
PharmEng Technology cruise with staff and family (in white T-shirt, front row)

Mr. Alan Kwong

The global financial tsunami became the "Waterloo" of many businesses and enterprises. While some companies disappeared, some immediately reinvented themselves. Mr. Alan Kwong Kwok-hung belongs to the latter, and he is also one of the successful few. He has been able to regain his footing in the transition, while at the same time contribute to the community by sharing his entrepreneurial experience with other business people and latecomers.

Alan is the CEO and Chairman of PharmEng Technology. In 1997 he founded the company that provides international consulting and training to pharmaceutical and biotechnology industries. This company grew into an international business with more than 100 employees and operations across Canada, the United States and Asia.

In 2005, PharmEng received the "Best International Business" Award from the Association of Chinese Canadian Entrepreneurs (ACCE). Since then, he has been involved with the association, and served as its president from 2010 to 2014 and advisor since 2014. He believes in the saying that "it is more blessed to give than to receive," and he happily and actively participates in many community events. In recent years, Alan has also been involved with Markham Stouffville Hospital Foundation and is a board member with Toronto Association for Learning and Preserving the History of WWII in Asia (Toronto ALPHA).

Alan has experienced smooth sailing in his life, but also weathered some rough seas. His ship almost sank but he always managed to hold

on to his course no matter how the situation changed. One can say Alan is the best portrayal of how to 'change with change to succeed'!

According to Alan, there were three major "turning points" in his life.

Prior to 1985, it was a time for education, a period in his life that paved the way to his future career path. In 1983, he obtained a Bachelor's degree in Chemical Engineering from the University of Michigan, and in 1985 completed a Master's degree in Chemical Engineering from the University of Toronto.

Alan considers the time between 1985 and 1997 to be the incubation period for entrepreneurship. During this time, he worked in a number of well-known pharmaceutical and biotechnology companies, including Ontario Cancer Institute, Connaught Laboratories Ltd., Apotex Inc., Purdue Pharma Inc., Glaxo Canada Inc., America's John Brown Engineering and Taro Pharmaceuticals. His career soared on the corporate ladder.

In 1995, he moved to Taro Pharmaceuticals in New York, where he worked as a Senior Project Manager, responsible for managing the Technical Operations of the pharmaceutical company. He would plan the operations program and apply for funding from his superiors for project execution. Once the funding was secured, he would assign the work to his subordinates. His job was stable with considerable remuneration. As someone in his early thirties with a young family, he could have continued to enjoy a white-collar life free of worry.

In those days, since his wife and two children lived in Toronto, Alan would return to Canada every week. Typically, he would spend Monday to Thursday in New York, and Friday to Sunday in Toronto. While here, he noticed there was a shortage of pharmaceutical consultants

in Canada, and he could see there was a lot of market potential for such a business. He gradually began to formulate how to realize his entrepreneurial dream in Canada.

In fact, this was not a spur of the moment act. The idea of entrepreneurship had been brewing in his mind, and he completed an MBA degree at the University of Toronto in 1992 to prepare for this day.

In 1997, Alan decided to give up his well-paying job, and returned to Toronto from New York to found PharmEng Technology. He knew once he set foot on the entrepreneurial path, his life would be full of unpredictable risks and challenges, but he also had a backup plan. He knew, if he were to fail, he could always find a job with his years of work experience.

It was of course very difficult in the beginning. To be a 'one-man band', he had to play all the roles in the company, from proposal preparation and project execution, to filing and administration, and even taking out the garbage, they were all part of his job. One could only realize how tiring this was after one went through it. He laughingly said his title was: CEO For Everything.

After surviving the turbulent start in the first year, PharmEng began to turn a profit. Over the next ten years, his business steadily climbed upward. In rapid development, the company expanded to the United States and beyond. In 2005, it evolved into the manufacturing sector, and began producing drugs in a plant. It was listed on the Toronto Stock Exchange Venture as PII (PharmEng International Inc.). At its peak, the company had annual revenues of over 20 million dollars, and expanded to 650 employees.

However, ominous clouds were brewing ahead. In 2009, at a time when he was ready to flex his muscles, and breakout to another summit, Alan found himself amidst the most serious global financial crisis in 50 years. His senior creditor, an Icelandic bank, was one of the first to go into bankruptcy and recall the company loan, over $15 million of financing. In 2009, facing the darkest days in his venture, he took PharmEng to bankruptcy protection, and sold the manufacturing plant to restructure the company debt. Tens of millions of dollars were lost, and eventually, PharmEng was delisted. Alan acquired the consulting practice and it became a private consulting company once again.

It was no doubt a severe blow, but Alan quickly put it behind him and started to focus on improving the immediate situation and rewriting his own destiny. He believes, even when fate is working against you, doing business cannot rely on luck alone. When a situation is not conducive for success, one has to learn from it and use all the resources at one's disposal to overcome the obstacles. There is no point in spending your days mourning or being regretful.

Having experienced success and failure, and then success again, Alan says the lesson learned is: "There are rainy days, and there are sunny days in life. Always try to see the light at the end of the tunnel."

He also summarizes a few success factors: "First, you have to really understand the business you are in. Second: if you are doing the right thing, continue to do it; if you are doing something wrong, reflect on what has gone wrong, and make adjustments, even a complete change. Third: focus on your strengths, and know your limits. Never try to be a "decathlon" competitor when you are not."

It was at this time that Alan thought he could share his business

experience and contribute to the community. In 2010, he became the president of ACCE, launching his "volunteer" career. Over the years, he has seen many successful entrepreneurs devote a lot of time and energy into the community, and not for business or economic interests. In his own view, he hopes his contribution can help other entrepreneurs start a successful journey. ACCE is a non-profit volunteer organization run by a group of professionals and entrepreneurs. It was established for the purpose of promoting the entrepreneurial spirit of Chinese Canadians, providing assistance to Chinese Canadian entrepreneurs and promoting social responsibility by recognizing their contribution to the community.

ACCE holds several major events each year, including the "Outstanding Chinese Canadian Entrepreneur Award" ceremony, business forums, seminars as well as trade fairs and exhibitions. ACCE members can improve their business knowledge, expand their business network and establish connections. During Alan's presidency, ACCE expanded its reach to the western provinces, and across Canada.

Alan is convinced that entrepreneurship is in the blood of Chinese people. It was no different for his parents' generation. Alan's father owned a small construction business in Hong Kong, but he also had a vision for his children's future. As early as the 1980s, he already made plans to immigrate, and the family moved to Canada.

Alan is the youngest amongst seven brothers and sisters. His name Alan was given to him when he was studying at the Kowloon Wah Yan College in Hong Kong. After finishing high school in Toronto, he did not stay in Canada, but elected to enroll in the University of Michigan instead, mainly because the Engineering faculty was ranked fifth in the

United States at that time. Although tuition in American universities was very expensive, his parents did not hesitate in supporting his decision to study there. Alan's parents were not rich, and it was a big price to pay for their son's success.

Alan says his education is the most precious gift from his parents, and now he has passed this traditional emphasis on education to the next generation. Today, his daughter is a teacher, and his son is interested in studying law. Speaking of the next generation, he specially mentions his other wish: to support a new generation of entrepreneurs and promote entrepreneurship.

Looking back on the past and into the future:

"There is talent in every generation
Every generation has its own glory
And so it goes
For hundreds of years"



黎瞻遠教授
Professor Jim Yuan Lai

作者：吳翠儀
Author: Clorie Ng

力行救護精神　作育醫護英才

在加拿大牙醫教學界，黎瞻遠教授的地位角色都可說是獨一無二。作為多倫多大學牙醫學院教學的副院長，他是這全加最大牙醫學院有史以來最年輕的副院長，也是全加至今唯一取得教育博士學位的牙醫。除了獻身牙醫教學，他對社會服務的貢獻也不遑多讓；20多年來一直參與聖約翰救護機構，現任該機構的安省總監；還加入國家後備軍，在軍中專治牙周病。此外，還義務擔任安省省督副官。凡此種種，都體現為人群服務的精神。

年僅40多歲的黎瞻遠教授，先後拿取了5個學位。自從2001年成為多倫多大學牙醫學系教授以後，短短15年內，屢次以「黑馬」姿態取得令人側目的成就，在同儕中脫穎而出；2005年，他獲任多大牙周病系主管，是創系以來首位亞裔主管。而多大的牙周病系，也是全北美歷史最悠久（始於1909年）。2016年，他更被委予重任，成為多大首任專責牙醫教育科的副院長。

時至今日，黎教授在牙醫教育界地位舉足輕重，加國其他地區不少大學向他取經，求問有關課程管理和教學方法，而他也經常被邀到全球各地演講和出席會議。

他回看自己所走過的路，跟傳統醫學教育界人員迥異，不過，無論遇上任何機會、處身任何崗位，他都樂於迎接轉變與挑戰，並且全心投入，締造改變。

身兼多職之同時，他依然每週一天看診；2015年，還親身前赴埃塞俄比亞，花了一個月時間義務協助當地一所大學

(Addis Abada University）新設的牙醫學院，鞏固及發展課程，為這牙醫極其短缺的國家帶來救治新希望。

談到義務工作，也正是黎教授故事的起步點，因為他一生中最難忘的經歷，和對他最深遠的影響，都與他參與的義工活動息息相關。

救護精神 從小做起

問黎教授自小的志願是否當牙醫，他説自小愛玩，不是一個熱衷埋首書堆的學生，小時也沒有立志要選甚麼職業。如今回看過往的許多重大決定，其實都不是他始料所及或早有計劃，反而在適當的時候做適當的事，踏出了第一步，再全情投入，全力以赴達成目標；更重要的是，在過程中努力改變身邊的人和事，以致改變社會和世界。

在中學時期加入了聖約翰救傷隊，可説是改寫了黎教授的一生。他回想起初是出於好玩加上一點好學，由此亦開展了他與聖約翰救護機構的30載服務情緣；多年來，他先後擔任過支部領導、地區總監、以至安省理事會成員；現則為安省總監，對機構的活動和事務，他已視為生活中不可或缺的一部份。當中還有一段精彩插曲，就是認識了一位好同伴，如今成了他的好太太。

他坦言，聖約翰救傷隊的經驗對他留下不可磨滅的影響，不單讓他學到重要的急救知識、服務人群的意義，也訓練他的領導才能和溝通技巧，在隊中負責的訓練課程及教學職責，也為他日後執教奠下良好根基。

他提到一次難忘的記憶，是2002年「世界青年日」在多倫多舉行；他作為多倫多地區總監，須要統籌500多位聖約翰救傷隊義工在這國際性活動的舉行地點當值。其中一天當教宗蒞臨，舉行整夜戶外活動時，在場的群眾因天氣酷熱而相繼不支暈厥，救傷隊隨即發揮救急精神，大大紓緩了應接不暇的醫護人員。此次經驗，也讓他體會到如何在自己處身的地方和崗位，動員義工的力量，把危機化險為夷。

同樣，聖約翰的使命也早已植根於他的心中：本著「為人類服務」的精神，務要拯救處於危難、受苦、患病及身處險境的人。

醫與教 推己及人

聖約翰救傷隊和牙醫，似乎是風馬牛不相及。對於自小活躍好動又不愛啃書的黎教授而言，是甚麼促使他走上學習牙科的階梯？

他說這個選擇是很順理成章地作出的，因他大學選修的是分子遺傳學和分子生物學，跟牙科有密切關係。他又說自己小時曾經身受牙病之苦，曾經有三年時間要戴著假牙渡日，也許這切身體驗也推動了他，立志一天可以為別人解除痛苦。時至今日，他從沒有後悔選擇了這一科，而且最大的滿足感，也往往來自看到病人的痛苦得到紓緩。

2001年，黎教授在多倫多大學取得牙周病學碩士學位，在開始牙醫生涯之際，卻轉而走上牙醫教學之路，對他而言，無疑是一次意想不到的「轉身」。話說有一天他接到一個電話，

邀請他在多大牙醫系兼職任教，填補一位離職教授的空缺。他欣然接受，並從此開啟了他正式執教鞭的新里程，而且表現得勝任有餘。他説這也要歸功於聖約翰的經驗，讓他的溝通、領導、教導、以至行政及組織能力都大派用場，在牙醫學系中，也迅即受師生愛戴。

2005年，年僅34歲的黎教授，被委任為牙周病科和研究學院主管，成為系中佳話。2015年，又被欽點為牙醫學院的副院長。2016年，牙醫學院正式重組，把研究和教學分拆，他更成為首任主管教學科的副院長。

成功非僥倖，黎教授對教學的熱忱，推動他更上一層樓，全力進修及鑽研教學之道，並先後於2008和2013年取得教育碩士和博士學位。他回想唸博士學位那段日子，要定期往返賓夕法尼亞州和多倫多，既要工作，又要養育一對幼小的兒女，可説是人生中一個艱難時期。

談到為何矢志教學多於行醫，他說：「授人以魚，不如授人以漁。」無疑，他選上的是「事半功倍」的路，而每年從多倫多大牙醫學院畢業的牙醫，都有一百多位。

不一樣的義工

談到喜愛教學，這是他與父親相似的地方。其父黎全恩教授是著名學者（也曾是「紅楓傳奇」得獎者），曾在維多利亞大學任教地理系。黎瞻遠教授在卑詩省維多利亞出生和長大，其後選修理科，並且隻身搬到多倫多入讀多大，當時也沒想到有一天會走上跟父親一樣的路。他補充説，一生中最大的啟發，始終是來自個人的親身經歷，因此，他也不斷尋找不一樣

的經歷，豐富自己的人生。難怪，他多年來參與的各種義務工作，也的確是很「非一般」。

2006年，黎教授加入了加拿大後備軍，接受正規軍訓，繼而開始擔任軍隊的牙醫，當時軍中極缺乏牙周病專科醫生，軍人要等候多時才得到治理，而黎教授正好解決了這個逼切的需要。他坦言，作為軍醫即使有報酬，也大大不如一般牙醫，然而他很樂於服務軍人，尤其看到他們的痛楚得到紓緩；至於「從軍」的滋味，他說即使是後備，也給他帶來很大的滿足和挑戰。

2010年，黎教授開始肩負另一個與別不同的義務工作：擔任安省省督副官；主要職責是協助安排省督出訪的活動，並陪同一起出訪，確保一切順利進行。

有如此多樣化的人生，黎教授肯定推翻了「牙醫是苦差」的說法；相反，你會對黎教授在不同崗位付出的努力增添一份敬意。

黎教授彷彿有用不完的時間和精力，除了事業、義工，還兼顧家庭生活；他的太太Jenny來自香港，而一對兒女生於加拿大，所以他每兩年都會與家人一起回港渡假，讓孩子接觸一下中國文化，開闊視野。他說自己對任何文化都不存芥蒂或隔閡，小時的友伴都是白人；到加入了聖約翰和大學時期，又與華裔留學生打成一片，可以唱卡拉OK、看電視劇，總之，生活就是滿精彩。

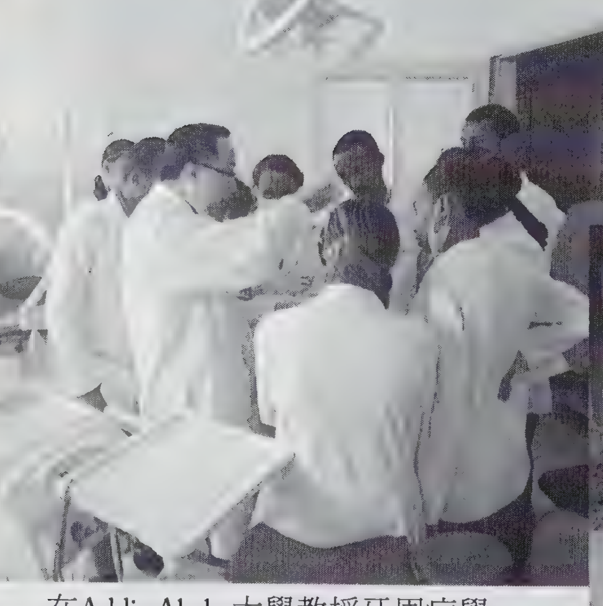
要活得精彩，又要找時間做那麼多的事情，秘訣在哪裡?黎教授會告訴你：「時間管理，也是一個人生課堂！」



與家人在香港
Spending time in Hong Kong with family



多倫多大學畢業禮
University of Toronto Convocation with dental students



在Addis Ababa大學教授牙周病學
Teaching Periodontics in the Addis Ababa University Dental Clinic



擔任安省省督Honourable Elizabeth Dowdeswell 的副官
As an Aide de Camp to the Lieutenant Governor of Ontario, The Honourable Elizabeth Dowdeswell



與牙周病科實習牙醫一起
With Graduate Periodontal Residents



與埃塞俄比亞Addis Ababa 大學牙醫學生
With the dental students of Addis Ababa University in Ethiopia



攝於埃塞俄比亞Bete Giyorgis Lalibela 教堂
At Bete Giyorgis in Lalibela, Ethiopia



與諾貝爾獎得主南非聖約翰大主教
Desmond Tutu合照
With Nobel Peace Laureate and Prior of St. John (South Africa) Archbishop Emeritus Desmond Tutu



現任聖約翰救護機構的安省總監
As the Provincial Commissioner of St. John Ambulance Ontario



檢閱聖約翰救傷隊隊伍
Reviewing St. John Ambulance Cadets on parade as the Provincial Commissioner of St. John Ontario



加入加拿大國家後備軍，在軍中專治牙周病
Serving as a Dental Officer Reservist in the Royal Canadian Dental Corps



在軍事牙科
診所工作
Working at the Military Dental Clinic

Professor Jim Yuan Lai

Among the teaching profession in dentistry in Canada, Professor Jim Yuan Lai is one of a kind. As Vice-Dean, Education at the University of Toronto's Faculty of Dentistry, he is the youngest Vice-Dean in the history of the dental school and currently the only one with both a dental and a doctorate degree in education. What is more amazing, Professor Lai's contribution to the community is no less important than his impressive academic career. For over thirty years he has been involved with St. John Ambulance, and is now the Provincial Commissioner of St. John Council in Ontario. Professor Lai also serves as Army Major and periodontist in the Canadian reservist army. In addition, he is an aide-de-camp for the Lieutenant Governor's office. All this volunteer work reflects Professor Lai's spirit of service.

Only in his forties, Professor Lai has accumulated five academic degrees. Since he became a professor in Dentistry at the University of Toronto in 2001, Dr. Lai has stood out among his peers with his achievements and "dark horse" appointments within a relatively short period of 15 years. In 2005, he was appointed Graduate Director of Periodontology, the first Asian director in the Faculty of Dentistry at the University of Toronto. The Periodontal Department also happens to be the oldest (established in 1909) in the whole of North America. In 2016, he was appointed to be Vice-Dean, Education, in the Faculty of Dentistry, becoming the first vice-dean dedicated to dental education at the University of Toronto.

Today, Professor Lai holds an important position in dental education in Canada, with other Canadian universities wanting to learn about periodontics, dental course management and teaching methods from

him, and he is often invited to lecture and attend conferences across the globe.

He looks back on the road traveled, and feels that even though he has taken a different path from other teaching staff, he is always happy to meet challenges head on. No matter what kind of opportunities come up and which position he happens to be in, he dedicates himself to creating change for the better.

While working in these multiple roles, Professor Lai still finds time to see dental patients once a week. In 2015, he spent a month in Ethiopia to assist a newly established dental school at a local university (Addis Abada University), and helped set up and develop their course curriculum, bringing new hope for a country that has an acute shortage of dentists.

The genesis of Professor Lai's story is really volunteering, because his most memorable experiences, those with the most impact on him, are closely related to his participation in volunteer activities.

When asked whether he had always wanted to be a dentist growing up, Professor Lai says as a child he loved to play and was never a keen student buried in books. When he was young, he did not make up his mind on any career. Now looking back, he says he actually had not planned or thought about those major decisions he ended up making later. It was just doing the right thing at the right time. Once he made a step forward, he put himself whole-heartedly into reaching his goals. Most important, in the process he was able to change the people around him, change the community and the world for the better.

Professor Lai joined St. John Ambulance in high school, and that

act has rewritten his whole life. Initially it was for fun and a little bit of learning, but the relationship with St. John Ambulance has lasted over thirty years. Over the decades, he has served as a divisional superintendent, an area commissioner, as well as a board director of St. John Council of Ontario. He is now Provincial Commissioner for St John Council, responsible for the agency's activities and affairs. He regards St John as an indispensable part of his life, out of which a wonderful story has sprung. Through St. John, Professor Lai met Jenny, his wife and lifelong companion.

He says that his experience with the St. John Ambulance Brigade has left an indelible impact on him. He not only learned important first aid knowledge, and the meaning of service, but it has also given him leadership and communication skills. Preparing for St. John's training curriculum and teaching duties also laid a good foundation for his academic career.

Professor Lai talks about an unforgettable memory for him – the 2002 "World Youth Day" – an international event that took place in Toronto. As the Area Commissioner for Toronto, he had to co-ordinate more than 500 St. John Ambulance volunteers and was on duty all night at the outdoor event venue, where the Pope was scheduled to visit. Many in the crowd fainted because of the heat, and St. John Ambulance Brigade was able to alleviate the workload of the overwhelmed medical staff. He learned through this experience how to mobilize volunteers to save the day in a crisis.

Likewise, St. John's mission has long been rooted in his mind; Professor Lai manifests the spirit of "service to humanity", to help others in distress or at risk.

St. John Ambulance and dentistry seem to be irrelevant to each other. For someone who grew up active and restless, and not too keen on studies, what prompted Professor Lai to embark on studying dentistry?

He says that actually it was a very logical choice to make, because he studied molecular genetics and molecular biology at university, both subjects closely related with dentistry. He laughs and says he suffered from dental pain when he was young, and had spent three years wearing dentures. Perhaps this motivated him to decide one day he could relieve the suffering of others. Today, he does not regret choosing this career, and his biggest satisfaction often comes from easing a patient's pain.

In 2000, Professor Lai obtained a master degree in Periodontology at the University of Toronto, but instead of continuing his dental practice, he embarked on a teaching career in 2001. This turn-around came about when he received a phone call inviting him to teach at the Faculty of Dentistry where there was a vacancy. He accepted the offer gladly, opening a new chapter in his career and proving that he was more than well qualified. He says the experience with St. John has helped greatly his communications, leadership, coaching, as well as administrative and organizational skills at the Faculty of Dentistry, earning much respect and appreciation from other teaching staff and students alike.

In 2005, the then 34-year-old Professor Lai was appointed unexpectedly as Discipline Head and Graduate Director of Periodontology at the Faculty of Dentistry. In 2015, he was appointed Associate Dean, Clinical Sciences and this year, following a reorganization to spin-off research from education at the Faculty, he became the first Vice-Dean in charge of education.

There is no element of luck in Professor Lai's success. His enthusiasm in teaching motivated him to go to the next level, and devote himself to the field of education. He obtained Master and Doctorate degrees in Education in 2008 and 2013. Recalling those days when he had to travel to Philadelphia regularly for his doctorate studies while raising his son and daughter, Professor Lai feels that was a particularly difficult period in his life.

Explaining why he is more interested in teaching than the practice of dentistry, he says, 'It is always better to teach a man to fish than to give him a fish.' No doubt, he has elected to "multiply" his results through teaching, and more than a hundred dentists graduate from the University of Toronto every year.

Dr. Lai's love of teaching is very similar to that of his father, Professor David Lai, Professor Emeritus of Geography at the University of Victoria, who is also a famous scholar in Chinatown history, and a 2014 Chinese Canadian Legend. Professor Jim Yuan Lai was born and raised in Victoria, British Columbia. Later he studied science at the University of Toronto, not knowing that one day he would follow his father's steps. He adds that the biggest inspirations in his life have come from his own experiences. As a result, he is continually seeking different encounters to enrich his life. Not surprisingly, he participates in different kinds of volunteer work to get those unique experiences.

In 2006, Dr. Lai joined the Canadian army reserve, and received formal military training. He served as a military dentist, solving some imminent needs when there was a serious shortage of specialists in periodontal disease in the military, and soldiers had to wait a long time before being treated. He says that a military dentist gets paid much less than a general dentist, but he was very happy to serve in the military,

especially helping to ease the soldiers' pain. As for how he feels about serving in the military, he says being in the army, albeit army reserve, brought him great satisfaction and challenges.

In 2010, Dr. Lai took on another volunteer assignment with a difference: working as an aide-de-camp to the Lieutenant Governor of Ontario. His main duties were to assist with the arrangement of the lieutenant governor's activities, and accompany her trips to ensure that everything is fine.

Living such a multi-faceted life, Professor Lai certainly refutes the "dental practice is boring" argument. One cannot help but pay respect to his efforts in all his different capacities.

Professor Lai seems to have endless time and energy. Aside from his career and volunteer work, he has to make time for his family. His wife Jenny came from Hong Kong and both of their children were born in Canada. Every two years, he and his family would go to Hong Kong for a vacation, allowing his children to come into contact with Chinese culture, broadening their horizons. He says he feels no barriers with any culture. When growing up, his friends were all white, but at St. John and at the University of Toronto, he mingled with Chinese students, sang Karaoke and watched Chinese TV series with them. In one word, life is wonderful.

To live such a rich and rewarding life, and find time to do so many things, what is Professor Lai's secret? He will tell you: "Time management is another lesson in life. "



劉聚富博士
Dr. Arthur Lau

作者：吳翠儀
Author: Clorie Ng

錦繡胸懷　建文明之都　築社稷之情

著名建築師劉聚富博士，在過去半世紀為人類文明建構了不少基業；從世界博覽會會場到加國各個省的大型建築物和私人住宅，以至對華人別具意義的蒙特利爾著名地標白求恩廣場，都是他設計與規劃的得意之作。然而他的視野超越了華麗文明的建築，進入社群當中，扶助社區發展醫療和教育，尤其關心華人社區需要，致力建立以身心為本的人文精神。

剛剛慶祝80歲大壽的劉聚富博士，是著名的「麥基爾人」，自1962年畢業於麥基爾大學的建築系，至今成為母校的終身董事、建築委員會主席，也是加拿大皇家建築師學院院士，並且是蒙特利爾中華醫院和蒙城中文語言學校的董事，更是加拿大榮譽勳章（2000）、英女皇登基金禧紀念（2002）及鑽禧紀念（2012）獎章得主。

在眾多的頭銜背後，自有一段光榮的歷史。事實上，劉博士幾十年來對建築界、麥基爾大學和蒙特利爾華人社區所作出的貢獻，不勝枚舉。

多年來，除了醉心創新而多變的建築，劉博士還一直不忘社區的需要。出錢出力參與創立蒙城中文語言學校，又為蒙城中華醫院擔當義工和積極參與籌款，此外，也對母校作出不少回饋，成立了多個獎學基金，培育多個學系的攻讀生。

劉聚富博士可說是華人成功融入加國社會的典範，自從22歲留學至今，他打拚在主流社會的領域，並以一張東方人的臉孔贏得廣泛尊敬。更加難能可貴的是，他並沒有忘記自己的中國根，致力弘揚自己的文化，培育下一代對華夏文化的認識。切實地體現人類高尚情操，堪稱一個值得譜寫的傳奇。

建設文明半世紀

「羅馬並非一天建成」；劉聚富博士回看登陸加拿大逾半世紀的日子，的確見證了不少象徵人類文明的建築。如今即使已退休，不再經營建築事務所，也退而不休，擔任一些建築計劃的顧問，這些項目不少是來自中國。此外，亦全心投入在蒙特利爾社區參與義務工作，把多年經驗和睿智回饋社會。

深信「學無止境」的他，又經常在母校旁聽各科講學，走系串班，孜孜不倦汲取新知識。難怪他説自己一生最愛讀書，而且什麼書都看，天文、地理、文學、歷史、美術、園藝，都是他的興趣所在。

問他時間哪裡來? 他説：「只要有興趣，就有時間。」

也許正是這份對生命的熱誠與動力，牽引劉博士走上一條精彩的人生路.

1958年，劉聚富博士從香港來到蒙特利爾麥基爾大學攻讀建築系，1964年畢業時，別的同學都還一籌莫展之際，他已收到四個聘書。

工作不滿一年，年僅26歲的劉博士獲邀擔當1967年蒙特利爾世界博覽會的特約設計師，是7人小組中唯一的華人；從設計藍圖到行政管理和善後工作都有參與。於他而言，這自然是畢生難忘的里程，也慶幸自己當時即使閱歷不多，也獲得這難得的機會。

世博會後，在眾多慕名求賢的公司裡，劉博士加入以設計公共機構見稱的美國公司Smith Hinchman and Grills，任加拿大

分部總建築師。

1968年，年屆30的劉博士決定回蒙特利爾開創自己的事業，正式成立劉聚富建築設計事務所。由1969年至2006年期間，公司承接了50多棟分佈加拿大各個省份的大型建築物和數個私人住宅規劃和設計工作。

劉博士回憶起創業初期那段令人振奮的日子；事務所剛成立幾個月，就參加了安省咸美頓一項聯邦級市中心發展項目競標。同時競爭的有許多國際知名大公司，結果，竟由他這家小公司的設計勝出。而這項分為四期進行的系列工程，從1970年開始，歷時整整15年才完成，儼然為咸美頓締造一次「華麗轉身」。

打造另一種人文精神

1972年，劉博士揭開一己與祖國聯繫的新一頁；他的建築師事務所，承擔了設計首個中國在加拿大舉行、介紹白求恩醫生事跡的展覽。劉博士笑說這是他的另一「慶幸」，也就是慶幸他的公司是當年唯一的華人建築師事務。後來於蒙城中心奠立的白求恩廣場中的白求恩石像，就是由中國政府運來作展覽主題，劉聚富公司設計的「白求恩展覽」其中一部分。

2005年，劉博士獲中國政府邀請出任上海2010年世博會高級國際顧問。由2007至2011年間，亦分別獲委為規劃顧問和設計建築師，參與在南京、大連及深圳的商住和渡假村籌建項目。

參與這些中國項目最令他感到興奮的是，可以接觸到最優秀的國內人員，並且看到中國如何具備一切條件、資源和力

量，晉至全球領先的地位。這份興奮和自豪，與他一直對華人社會的關切之情如出一轍。

早在70年代，事業才剛起步的他，已經開始當義工，於1969年成為蒙城中華醫院的董事。數十年來，一直為醫院籌款，並義務參與規劃和建設醫院的華埠新址，讓區內華人享有更完善的醫療設施和服務。

除了醫療，劉博士也熱衷推動教育，尤其是華人下一代的中文教育。1983年，他聯同一群社區熱心人士創立了蒙城中文語言學校。他回憶説，開始時，學生寥寥無幾，到學校正式成立時，有83名學生。33年後的今天，蒙城中華語文學校已有1,300多位學生。

1993年，劉博士又與一羣熱心的專業人士創立魁省華人專業聯會，並由他擔當首任主席。

自從成為麥基爾大學的董事後，劉博士又致力為麥大的東亞系和美術系圖書館增添藏書，讓下一代得以「開卷有益」，並且增進對東方文化的認識。

問到他為何身為加國公民多年，依然不捨不棄祖國之情?他有感而發地表示，人總是對失去了，離開了的，才會想念與珍惜。

飲水思源 成功之本

劉聚富博士1936年在香港出生，在家中7兄弟姊妹之中排行最小；爸爸經營小生意，小時候遇上戰亂，世界彷彿都因此而停滯，戰後一切又要重建起來。自小愛看新事新物，也愛埋

首書堆的他，彷彿已種下要為未來投身建築的因子。

1957年，在香港工業專科學院（現為香港理工大學）畢業以後，他想唸建築系，也得悉麥基爾大學是該系的首選學府，於是1958年告別香江，成為家中第一位出洋留學的子女。

跟大多留學生一樣，剛來這裡時也面臨種種難關。例如麥大建築系是六年制教學，而他是從三年級開始上的；誤了二年級的建築歷史課，起初聽課完全不知老師所云。可是他急起直追，還不恥下問，向同學借閱筆記，最終成功過渡。

劉博士是個不忘本的人，曾經走過的人生路，都成為寶貴的經驗和珍貴的回憶。他又說他的成功，有賴好運氣，但也靠努力不懈，面對困難時，不輕言放棄，他又相信，正向思維；事事往好處想，通常都會帶來好結果。又表示，自己根本沒有時間去想負面的事情，數十年來總是天天有新的計劃，新的工作，永遠都向前看，時刻在打造更美的明天，這也許是建築師應有的視野和觀點。

他又分享了另一個處世之道，就是「知足者貧亦樂」；無論處於何種境況或階段，都要知足。就如他當年創立的公司只有十多個職員，他也樂得人數不多反而好做事，感覺像一個大家庭。談到家庭，劉博士自言擁有一個幸福的家，太太自大學時代與他結識，婚後相夫教子，兒女如今都是專業人士。

他說自己的名字，取自「榮華富貴」，四兄弟各用一字，誰知祖父把「富」字留給了最小的他，把命名次序倒轉過來，這也成就了他名副其實地活出「聚富」的豐盛人生。



與四個兒女一起 (2013)
With 4 children (2013)



樂叙天倫 (2013)
With grandchildren (2013)



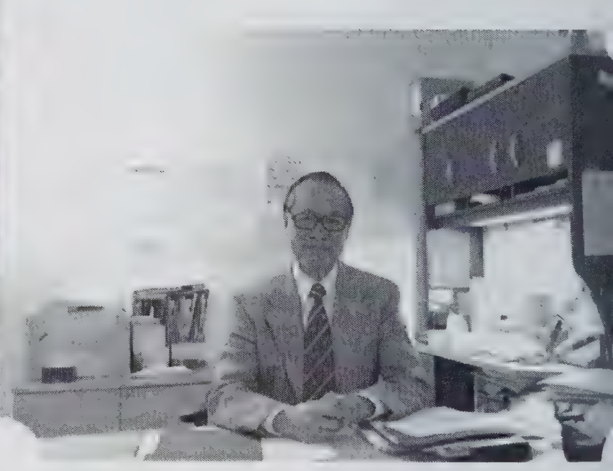
與孫兒一起 (2015)
With grandchildren (2015)



女兒Zandra在麥基爾大學畢業 (2005)
Daughter Zandra's graduation at McGill campus (2005)



出訪建築工地 (70年代)
At job site (1970s)



在辦公室
At office



畢業典禮；與麥基爾大學校監
Convocation, with Chancellor of McGill



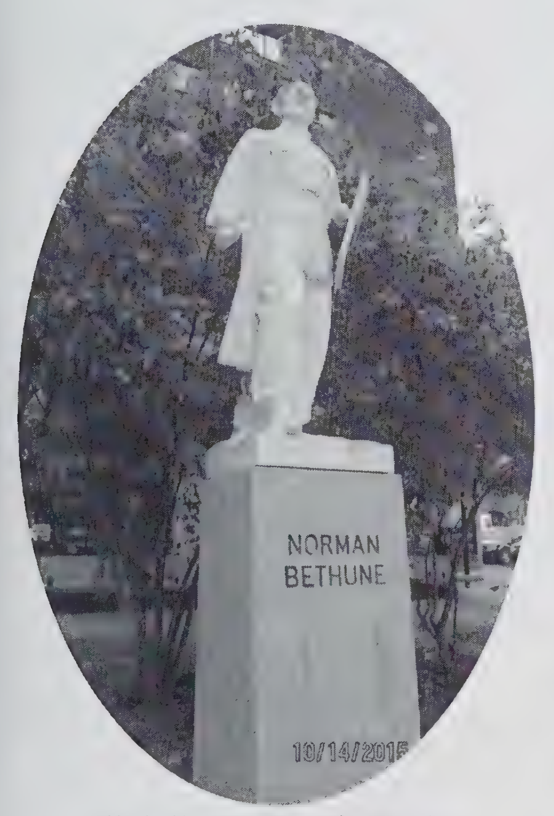
畢業典禮；與麥基爾大學校長、校監
及校董會主席
Convocation, with Principal, Chancellor,
and Chairman of Board of McGill



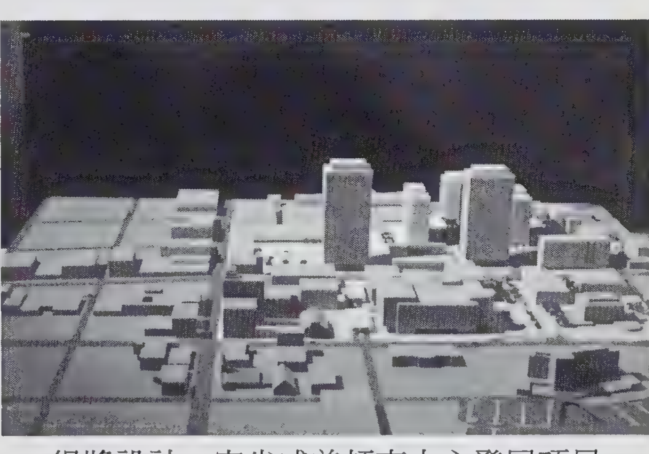
傑作之一：安省咸美頓傑克遜廣場
Famous work: Jackson Square, Hamilton, Ontario



1967年世博藍圖
Master plan Expo '67



蒙市著名地標：白求恩像
Norman Bethune statue in Montreal



得獎設計：安省咸美頓市中心發展項目
Winning master plan of downtown Hamilton, Ontario

Dr. Arthur Lau

Dr. Arthur Lau is a world-renowned architect, whose architectural design has left an indelible imprint on human civilization over the last half century. His work has ranged from the Montreal World Expo to many large buildings in various provinces of Canada, several private homes, and the first Bethune Exhibition in Montreal, the latter project particularly meaningful to Chinese Canadians. His vision goes beyond the creation of unique buildings to helping the community. He supports both medical care and educational development and he is especially concerned about the needs of the Chinese community, his humanistic spirit evident in his volunteer work.

Dr. Arthur Lau just celebrated his 80 birthday recently. A famous "McGill man", he graduated from the School of Architecture at McGill University in 1962. Now he is Emeritus Governor, and was Chair of the Buildings and Properties Committee for his alma mater. He is a Fellow of the Royal Architectural Institute of Canada, and a board director for the Montreal Chinese Hospital Corporation and Montreal Chinese (Mandarin) School. He was named a member of the Order of Canada and received the Golden Jubilee and the Diamond Jubilee Medals in honor of the 50th anniversary and the 60th anniversary of Queen Elizabeth's coronation. In 2015, he received an Honors Doctorate Degree in Science from McGill University.

There is a glorious history behind all these titles and awards. In fact, Dr. Arthur Lau's contributions to the field of architecture, McGill University and the Montreal Chinese community over several decades are too numerous to list.

Over the years, in addition to his innovative design work, Arthur has

not forgotten the needs of the community. He not only helped to establish a Chinese language school in Montreal, but also contributed his resources as a volunteer to the Montreal Chinese Hospital and actively participated in fund-raising. In addition, he established funds for multiple scholarships, helping many students in different faculties at McGill University.

Arthur exemplifies the successful integration of a Chinese immigrant into Canadian society. Since he came to Canada to study at the age of 22, he has worked hard in mainstream society, and won widespread respect for his work. Even more commendable is the fact that he did not forget his Chinese roots. He promotes Chinese culture, especially the understanding of Chinese culture in the next generation. The embodiment of such noble sentiments could truly be called legendary.

"Rome was not built in a day". Architecture over the ages symbolizes the progress of civilization, and in a timespan of over half a century, Arthur has left his mark on human civilization. Even though he is now retired, and is no longer managing his architectural firm, he still consults for a few projects, some of which are in China. In addition, he also devotes himself to volunteer work in the community, contributing to society with his many years of experience and wisdom.

With a conviction in "life-long learning", Arthur often sits in classes at his alma mater, soaking in knowledge and learning new things tirelessly. No wonder he says the love of his life is reading, and he is interested in all kinds of books ranging from astronomy, geography, literature, history, art, to gardening.

When asked how he finds time to do so many things, he says: "One always finds time for one's interests. As long as there is interest, there is time."

Perhaps it is this enthusiasm and motivation for life that takes Arthur on a wonderful life journey.

In 1958, Arthur left Hong Kong for Montreal and began his studies in the School of Architecture at McGill University. Upon his graduation in 1962, he had already received four letters of offer, while his fellow students were still pondering what to do about their future.

After working less than a year, Arthur, only 26 at that time, was appointed as a member (and the only Chinese) on a team of seven architects and planners for the 1967 Montreal World Expo. He was involved from the preparation of a master plan to managing the building project and completing the construction. This project was definitely an unforgettable milestone in his life, and he was very happy that he got this rare opportunity, despite his lack of experience at the time.

After the 1967 World Expo, his outstanding work attracted offers from many companies. Arthur was appointed as Chief Architect of the Canadian branch at the US Smith Hinchman and Grills company, renowned for the design of public institutions in North America.

In 1968, Arthur, then 32 years of age, decided to return to Montreal to start his own business, and formally established "Arthur C.F. Lau, Architect". Between 1969 and 2006, the company undertook more than 50 building projects in various Canadian provinces, including the planning and design work for many large commercial buildings and several private residences.

Arthur recalls those early exciting days, when his newly established firm participated in the competition for a Master Plan design of the downtown core for the City of Hamilton, Ontario. Many internationally renowned companies were in the competition, but in the

end his small company won the bid. The project was divided into four phases, beginning in 1970, and took a full 15 years to complete, turning Hamilton into a modern city.

In 1972, Arthur was involved with China for the first time. His architectural firm was commissioned to undertake the design of the first Bethune exhibition held in Canada. Arthur laughingly says he is glad his company was then the only architectural firm led by a Chinese Canadian. The statute of Bethune, now erected at Bethune Square in the center of Montreal, was part of that exhibition, and was transported from China to be the centerpiece of the exhibition.

In 2005, Arthur was invited by the Chinese government to be the Senior International Advisor for the World Expo 2010 in Shanghai. Between 2007 and 2011, he was also appointed a planning consultant and design architect in Nanjing, Dalian and Shenzhen to build various commercial, residential and resort projects.

Through these projects, Arthur had access to the best Chinese talent, and he was excited to see that the Chinese now have the capability, resources and strengths to be a world leader. The concern that he has always felt for the Chinese community in Montreal came from the same source of pride that he feels for China.

In the early 70s, just when he started his career, Arthur had already begun his work as a volunteer. He became a board director for the Montreal Chinese hospital in 1969. For decades, he has been fundraising for the hospital, and volunteered his time to participate in the planning and construction of the new Montreal Chinese Hospital in Chinatown, so that local Chinese could enjoy better medical facilities and services.

In addition to medical care, Arthur is also keen on promoting

education, especially for the next generation of Chinese. In 1983, he collaborated with a group of community enthusiasts to found the Montreal Chinese (Mandarin) School. He recalls that there were very few students at the beginning, and the number increased to 83 students once the school was established. Today, 33 years later, Montreal Chinese School has more than 1300 students.

In 1993, Arthur and a group of enthusiastic professionals founded the Federation of Chinese Canadian Professionals (Quebec). He became the first Chair of the Federation.

Since becoming a Board Governor of McGill University, Arthur has supported the acquisition of books for the library collections of the Department of East Asian Studies and the Department of Art History, for the benefit of next generations, and enhance their understanding of Asian culture.

When asked why as a Canadian citizen for so many years he still loves his motherland so much, he laments that people always cherish and miss what is lost or left behind.

Arthur was born in 1936 in Hong Kong, the youngest among seven brothers and sisters. His father ran a small business. As a child growing up during the war, he saw the world stagnate, and then everything was rebuilt again. He loved to see new things, but was also obsessed with books. The seeds of a future architect were planted at this time.

In 1957, he graduated from Hong Kong Technical College (now Hong Kong Polytechnic University). He wanted to enter the field of architecture and found that the School of Architecture at McGill University was ranked among the top in universities. In 1958, Arthur bid goodbye to Hong Kong, and became the first among all the children to study abroad.

Like most foreign students, he faced many difficulties when he first came to Montreal. The School of Architecture at McGill had a six-year curriculum, and he started in the third year. Having missed the first two years of studies in architectural history, he often could not understand what the teachers were saying. But he tried hard to catch up, borrowing notes from the other students and achieving success ultimately.

Arthur is someone who does not forget his roots. Everything that he has done turns into valuable experience and precious memories. He adds that his success is partially due to good luck, but much of it is the result of hard work, and not giving up in the face of difficulties. He believes in the power of positive thinking, and that thinking about the good usually brings good results. He also says that he does not have time to think about negative things. For decades now, every day he always has new plans, new work, and is always looking forward to creating a more beautiful tomorrow. Perhaps this is the vision and perspective of an architect.

He also shares his attitude towards life: "a contented person can be poor but happy". No matter what the situation is, one should always be content. When he founded his firm with only a dozen employees, he was happy that the small firm was like a big family and easy to manage. Speaking of family, Arthur has a happy home, having met his wife at the university, and their children are all professionals.

Arthur says the Chinese names of his four brothers were taken in turn from these four words: 'Wealth Nobility Glory Splendor', but his grandfather reversed the order and saved 'Wealth' for the youngest child by reversing the naming order. As a result, his Chinese name means 'accumulating wealth' and true to his namesake, he has lived a full and rich life.



鮑胡嫈儀女士
Ms. Teresa Woo-Paw

作者：吳翠儀
Author: Clorie Ng

少數族羣的聲音 多元文化的先鋒

40年來，她一直以不同身份為少數族群爭取權益，推動多元文化服務，帶來不少正面改變。從70年代移民到華人稀少的亞伯達省，便開始投身社區工作，擔任義工，繼而在80年代創立和參與多個社區組織，90年代晉身教育局成為委員，至2008年當選亞省省議員及成為內閣廳長，角色雖然輪流轉，卻是「轉而不離」，始終如一地推動社會公義、公民參與、跨文化包容及共融。

鮑胡嫈儀很清楚自己的人生座右銘：「誠信、創新、包容」。這六字真言 ，並非一般政客的選舉口號，而是多年來身體力行，並且從人生經驗確立的信念。

在她人生路上，成就了不少「第一」與「唯一」；例如成為第一位當選省議員及內閣廳長的華裔女性，第一位及唯一當選卡城教育局委員的亞裔女移民，第一位亞裔女性獲得傑出移民獎和加拿大女青年會頒發的傑出女性獎。就連大學畢業時，也成為首5位從卡爾加里大學社會工作系畢業的華裔之一。

自移居加國，鮑胡嫈儀已開始切身體會到作為「少數中之少數」的滋味，也看到「包容」的重要性，是以抱著一股「誠信」和「創新」精神，開始投身社會，走向認定的目標和理想。

多年來，她創立了不少社區機構和組織，包括卡城華人社區服務中心、文化與多元文化課程協會、卡城少數族裔協會、亞裔文化基金會、以及華英中文學校，並且推出創新的CSL「中文為第二語言」課程。

在當選亞省省議員之前，她曾任職「包容多元文化研究所」、紅十字會、公益金等機構，又擔任多元文化及反岐視培訓的顧問和指導。

2015年，鮑胡嫈儀告別亞省議會，從國際及跨政府事務與亞太關係副廳長一職退任，再一次「華麗轉身」，而人生取向則和過往如出一轍，把累積了40年社區和公職經驗，延伸至下一代，以至其他族裔社群。

一切從爭取開始

鮑胡嫈儀自從卸任省議員及內閣廳長以後，隨即投入三項重點工作。首先是籌劃一個全國性組織，以提高華裔在加國的公民參與，尤其是華裔新一代，並且促進多元文化的包容。作為三個孩子的母親，她自然關心和樂於聆聽下一代的聲音，她說時至今日，依然聽到不少土生土長的華裔表示因教育、傳媒、公共或私人机構缺乏多元文化包容度而受到不公平待遇，甚至感到羞恥。

刻下，她又著力於卡城及加拿大「救救華埠」行動。事緣卡城華埠面臨用地更改的建議，影響到華埠固有的面貌，因此須要連結社區去發出抗衡的聲音。在她看來，多個華埠的固有獨特文化承傳，正受到威脅，所以要製造「集體聲音」，保留這具有多元文化意義的集體回憶。

此外，作為亞裔文化基金會現任會長，她正在聯同30多個組織訂立一個策略性行動方案，為加國亞裔社區和新一代領袖，提供有關共融及泛亞合作的培訓。她所關注的，不單是華裔的福祉，而是更廣更遠的多元文化共融。

她很強調，這是一生也做不完的工作，要繼續爭取下去，也不諱言，此話尤其適用於她的所在地亞省。與多倫多和溫哥華相比之下，亞省對少數族裔和多元文化的包容程度望塵莫及；就以族裔機構申請撥款而言，便如挾山超海；她花了整整15年時間的努力和遊説，才爭取得三級政府向她創立和參與的華裔機構撥款。

在1970年代，華人在各級政府的領導層僅有絕少數代表；到後來她參與主流機構及政府部門的工作，也經常是少數中的少數。1972年移民到亞伯達省，鮑胡嫈儀雖則還未開始操流利英文，眼看四週少數族群面對的不公以及被主流社會制度拒諸門外，便決心投入社區做義工，並選讀社會工作系，希望可以當社工，為弱勢爭取權益。她又曾擔任難民工作者，幫助70及80年代初到加拿大的東南亞難民建立新生活。

天時、地利、人和　開天闢地

1982年大學畢業後， 鮑胡嫈儀開始全力在社區打拚，先後創立和參與多個服務華裔以及少數族裔的團體。她強調爭取的並非「融入主流」，而是「廣泛包容」的服務，也就是具有包容性，而不分主流或次等的族群。由她創立的卡城華人社區服務中心，其後亦成為首個獲卡城市議會撥款的族裔機構。

看到華人下一代教育方面的需要，鮑胡嫈儀開辦了一所中文學校及暑期文化學習課程，雖然艱苦經營，所有籌劃及行政都在家居的地庫開始，甚至由丈夫借錢給她支付第一期教員的薪水，但她永不言悔，後來亦成立了華英中文學校。

回想那段日子，她説確曾撫心自問，是否值得繼續走這

吃力不討好，回報又少的路。她笑說「反面教材」反而成了她的推動力；越是看到政府削支，社群的權利被剝削，便越加努力，鍥而不捨。

當時，她也沒有想過有一天會晉身教育局成為委員，更遑論當選省議員。她自言是一個從不懂得建立政治籌碼的人，平日總是埋頭苦幹，每天工作十多小時，哪有空接受訪問和大肆宣傳？競選省議員時，她只有5個星期時間進行競選活動拉票，全賴她過去在草根階層實幹的功績有目共睹，加上屬選區30多年街坊以及豐富的社區工作經驗，令她成功「上位」。

她也多得80年代出爐的多元文化政策，給她締造了一個好時機，讓她獲得跨文化溝通、調解糾紛等各方面的培訓，甚至被挑選為文化大使，建立起更大的信心、技能和更廣的人際網絡，預備往後的工作。

自從成為「局內人」，她開始履行自己的競選諾言，為麥基和北隅區選民謀福祉和向省府表達多元族裔的心聲，務求省府在作出政制決策時，關顧到多元文化族裔的需要，又曾先後入內閣，被委任為亞省國際及跨政府事務，亞太關係副廳長，和亞省的亞洲顧問委員會主席。

有償　無償　最大獎賞

若問她人生的高點，她可以如數家珍；除了當選首位女華裔內閣廳長，獲頒英女王登基50週年紀念勛章和多個獎項，也難忘幾經努力終於成功爭取得政府撥款，以及在國會內三度成功保衛亞省人權法案的其中一重要部分。她笑言花在「無償」工作的時間比「有償」的還要多，但看到工作有成果，已是最

大的獎賞與回報。

她也特別提及童年在香港的歲月是人生另一個高點，很慶幸自己兒時可以在華人文化的環境土生土長，十多歲移民來加拿大時，看似是離鄉別井，實質是另一種「家庭團聚」，因她的家族早已在加拿大和美國紮根， 來加後她搖身一變為第四代加國華裔；她的父親也是在1972年抵達卡加里機場時，才第一次和在美的祖父見面。

對她而言，這經歷讓她心中早已植根一份加拿大公民意識。當時的總理杜魯多，經常在演説中強調加拿大是一個公正的社會，她聽進了這話，也深信生活在這個國家，力求公平和公正，是十分重要的事；投身服務社區和族裔社群自是理所當然。

對於成功做到的一切，她首先感謝父母、丈夫、弟妹、子女和幾位社區領袖及很多相信和支持她的朋友。雖然他的丈夫是一位地質學家，從事完全不一樣的行業，但始終默默在背後支持她，還有她父母從照顧家庭到社區工作，都給予她支持和鼓舞，尤其推動她出來競選，不怕自己是女性或是少數。

若再問她成功之道，她簡單地説：「只管事事用心去做」。無疑 ，此等人生道理是不分種族、文化、語言、性別的。



宣誓就任亞省內閣亞太關係副廳長 (2014)
Swearing-in to become Associate Minister for Asia Pacific Relations (2014)



參加卡加利牛仔節 (2014)
At the famous Calgary Stampede parade (2014)



在廣東開平的祖屋
Paternal ancestral home in Kaiping, Guongdong, China

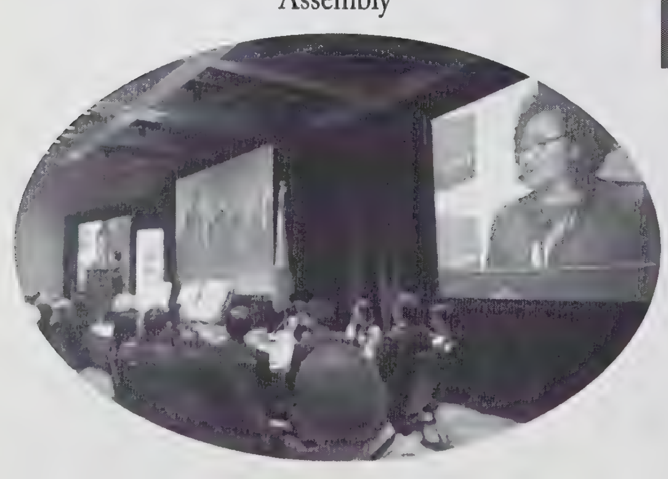


宣誓就任亞省內閣國際及跨政府事務副廳長 (2012)
Swearing-in to become Associate Minister of International & Intergovernmental Relations (2012)



與2008年亞省省議會成員
With 2008 elected Alberta Members of Legislative Assembly

與丈夫Borick和孩子 Jadine（醫生）、Jason（律師）and Cordelia（小提琴家）
With husband Borick and children Jadine (MD), Jason (LLP) and Cordelia (Violinist)



代表亞省政府主講亞洲面對的挑戰 (2014)
Speaking and hosting on behalf of Government of Alberta on Canada's Asia Challenge (2014)



家族不斷開枝散葉，濟濟一堂 (2001)
An extended family that keeps growing (2001)



胡家六代聚首慶祝父親80大壽；這僅是一小部份成員 (2012)
A small portion of the Woo family's 6 generations gathering to celebrate father's 80th birthday (2012)



與前任亞省省長Ed Stelmach
With former Alberta Premier Ed Stelmach



與利德蕙博士和伍衛權醫生在溫尼伯人權博物館開幕招待會
With Hon. Dr. Vivienne Poy and Dr. Neville Poy at the Canadian Human Rights Museum opening reception in Winnipeg



與媳婦Kim和孫女 Quinn在選舉辦事處
With daughter-in-law Kim, and granddaughter Quinn at campaign office



向亞省前省督，也是首位華裔省督林佐民頒發獎狀 (2005)
Presenting commemorative plaque to Hon Norman Kwong, first Alberta lieutenant governor of Chinese Canadian decent (2005)

Ms. Teresa Woo-Paw

For 40 years, Ms. Teresa Woo-Paw has fought tirelessly for minorities and multiculturalism in Alberta and Canada. Since she immigrated to Alberta, a province with few Chinese immigrants in the 1970s, she has built a career in community work leaving a strong legacy in the non-profit and public sectors as a leader and a mentor. She has volunteered for over 40 community groups and founded six non-profit organizations since the 1980s. Although her role has changed over the years, she is always committed to promoting social justice, civic engagement, intercultural collaboration and inclusion.

Teresa is very clear about her own motto in life: "integrity, innovation, inclusion." This mantra, developed over years of public service, has led to several 'first's and 'only's in her career.

In 1995, she was the first and only Asian immigrant woman elected to the Calgary Board of Education, where she served as a Trustee and Chair. She became the first Asian-Canadian female to be elected to MLA (Member of Legislature Assembly) in Alberta in 2008, and the first Asian-Canadian female to be appointed a cabinet minister in 2012. She was recipient of the YWCA Women of Distinction Award and the first Asian Canadian woman to be recognized with the Immigrants of Distinction Award. She was one of the first five graduates of Chinese descent from the Faculty of Social Work at the University of Calgary.

As an immigrant woman, an outspoken advocate, and a leader, Teresa epitomizes being "a minority within a minority".

In the 1970s, Canadians of Chinese descent were hardly present in government or leadership positions. In 1972 when Teresa landed in Alberta and before speaking fluent English, she already noticed the prejudice faced by ethnic minorities. They were shut out by systemic discrimination in mainstream society, but she was determined to be included. She began to volunteer in the community and majored in

social work in university, hoping that one day she would be a social worker fighting for the rights of the disadvantaged.

Her work as a refugee coordinator with the 'boat people', newly arrived southeast Asians fleeing war in the 1970s and 1980s, underpinned the importance of "inclusion" through their struggles to build and live normal lives in Canada. To uphold "integrity" meant that she would hold herself and everything she did to high standards of accountability. "Innovation" for Teresa meant expanding her efforts into the broader community, beginning a lifelong campaign for systemic integration and equality.

As she broadened her work with mainstream institutions and government departments, Teresa found herself among a select few minorities influencing decisions. She challenged institutions, governments, organizations, and even some members of her own community to build and support the foundations for a more inclusive society.

After graduating from university in 1982, Teresa's advocacy began in earnest through supporting ethno-specific organizations. She started her community advocacy on the fundamental principle of equitable access to services, regardless of whether for mainstream or ethnic groups. With her volunteer and professional experience, she founded the first of six organizations, the Calgary Chinese Community Service Association, which was the first ethnic organization to receive grants from Calgary's city council.

Seeing the need for positive identity development for Chinese Canadian children and youth, Teresa developed a summer curriculum for cultural programs. She even had to borrow money from her husband to pay for the teachers' salaries in the first term, but she never regretted it. Later she also set up Huaying Chinese school, which offered the first Chinese as Second Language program in Calgary.

Teresa started four other initiatives in the following decades: Society for Cultural and Multicultural Programs, Community Partnership for Access and Participation, Ethno-Cultural Council of Calgary and Asian Heritage Foundation. These helped improve Calgary's multicultural communities by combining direct action, community organization, and systemic change.

Teresa's dedication for social inclusion at the community level transformed her later into a diversity, anti-discrimination and organizational change trainer and consultant. Some of the organizations she worked for include the Canadian Red Cross, the United Way of Calgary and Area, the Calgary Board of Education and the Calgary Health Region.

When Teresa arrived in Canada in 1972, she never thought that one day she would be elected to the Calgary Board of Education as a trustee, let alone becoming its Chair, but she never fully embraced the political game. Instead she always worked hard, over ten hours a day, in between raising her three children. There was no time for self-promoting interviews. Following her work with the Calgary Board of Education, Teresa continued her community building as founder and chair of Asian Heritage Foundation and the Ethno-Cultural Council of Calgary.

With that coalition-building experience under her belt, and with support from her mentors and peers, Teresa once again sought public office to address community issues. She seized an opportunity to run in 2008 for a seat in Alberta's Legislature to represent her north Calgary community. She only had five weeks to campaign, but her hard work over 30 years in the community paved her way to victory.

As a political "insider" once again, her plan was to take what she had learned to live up to her promises to her diverse constituents. She strongly championed the multicultural view in the provincial government, but Teresa's concerns were for more than just visible

minorities and new Canadians. She never shied away from any chance to use her office to protect and advance human rights, the rights of women and children, or the right to equitable and fair access to public services. Teresa's work in advocacy earned her a role in cabinet, first as the Associate Minister of International and Intergovernmental Relations, and then as Associate Minister of Asia Pacific Relations and Chair of Asia Advisory Council. There, she worked to bring the benefits of robust international connections to Albertans at large, the result of which would be greater opportunities for all Canadians.

Teresa says that Canada's multicultural policy of the 1980s provided her with a solid foundation. She received training in inter-cultural communication and dispute resolution, and was even selected as a cultural ambassador. This gave her more confidence, skills and networking opportunities to prepare for future work.

In 2015, Teresa bid farewell to the Alberta Legislature. While her role has changed, her direction in life stays the same. Tempered by over 40 years of community and public service, she now prepares the next generation of community advocates.

Teresa now focuses on three areas. The first is planning a national organization to promote civic engagement of Chinese-Canadian citizens, especially among youth, to realize inclusion in multiculturalism. As a mother of three, she is naturally interested in listening to the voice of the next generation. To this day, she still hears many Canadians of Chinese descent protest unfair treatment, or being made to feel ashamed of their ethnicity. She hopes to change that by improving the capacity and understanding for multiculturalism in education, media, and public and private organizations.

Secondly, she is focused on "Save Chinatown" campaigns in Calgary and across Canada. Calgary's Chinatown faces land use changes which threaten the residents, culture and history of Chinatown. In

her view, the unique cultural heritage inherent in many Chinatowns can only be protected by a united voice and action to preserve these collective contributions to multiculturalism.

Finally, as the current Co-Chair of Asian Heritage Foundation, she is organizing over 30 organizations to devise a strategic action plan for the Asian-Canadian community supported by a new generation of leaders. This plan will help build capacity for integration and collaboration among community groups. Her concern is not only for the well-being of Chinese Canadians, but for a broader and far-reaching integration of multiculturalism into all aspects of Canadian life.

Teresa stresses that full integration cannot be accomplished in one lifetime, and one has to continue to fight for it. She freely admits that her work is especially challenging in Alberta, which cannot begin to match Ontario or British Columbia in the degree of inclusiveness for minorities and multiculturalism. She says that obtaining government funding for ethno-cultural organizations in Alberta is as difficult as moving a mountain, but decades of persistent effort and lobbying have finally secured funding from the three levels of government for ethnic service organizations.

Recalling the days of building and running community programs and organizations out of her home, she says she did ask herself whether it was worthwhile to continue such a thankless job with so little return. She laughs and says "negative reinforcement" only gave her impetus to do more. When she sees the government cut social spending, and the rights of the community are being eroded, she increases her effort and perseveres in her work.

If you ask Teresa about the high points of her life, she would point to her election as the first Asian-Canadian female in Alberta's Legislature and as the first female Asian-Canadian cabinet minister. As a Member of the Legislative Assembly, she successfully defended three times an important part of the Alberta Bill of Rights. She was

awarded the Queen's Golden Jubilee Medal and holds numerous other awards. Securing government funding for Calgary Chinese Community Service Association after many years was particularly memorable for her. She says with a smile her "unpaid" work is far greater than her "paid" work, but the fruits of her unpaid labour are in itself the greatest reward.

Teresa remembers her childhood years in Hong Kong as another high point in her life. She feels fortunate to have grown up in Chinese culture. When she moved to Canada as a teenager, it felt like her family was leaving their home, but in reality it was a family reunion. Extended family members had set roots in Canada and the United States decades before. She transformed easily into a fourth-generation Chinese Canadian. Her father also met his own father from the United States for the first time when he arrived at the Calgary airport in 1972.

Teresa's immigrant experience has crystalized Canadian citizenship in her heart. Mr. Pierre Trudeau, the Prime Minister of Canada when Teresa became a Canadian citizen, often emphasized in his speeches that Canada was a just society. She heard this and was convinced that ensuring fairness and justice was critical in Canada. It was only a matter of course for her to commit to community service, especially in ethnic communities.

She thanks her parents, her husband, siblings, children, several community leaders, and friends who believe in and support her, for her success. Although her husband is a geologist in a completely different field, he has always backed her up. Her parents also gave her support, no matter whether she was working at home or in the community. They encouraged her, and twice motivated her to run for public office, despite her being a woman and a minority.

She says the key to her success is simply: "put your heart into everything you do." No doubt, such a life lesson applies regardless of gender, race, language or culture.

不變應萬變

吳翠儀
紅楓傳奇作者

走訪今年「紅楓傳奇」的得獎者，印象最深刻的，並不是他們所經歷的轉變與起伏，也不是他們如何作出「華麗轉身」，而是在種種轉變之中，有甚麼是保持不變的。

沿此路走，會看到人生中作出的許多改變，往往是為了保存一些不想改變的「核心」；這可以是個人的信念、理想、原則、志向；喜歡的人、物、地；珍惜的文化、承傳、記憶…

另一個有趣的串連，是今年的傳奇人物，恰好拼成了一張不同年代的加國華裔「圖騰」。他們當中有土生土長的‘CBC’，六十年代飄洋過海的留學生，七、八十年代舉家離鄉別井的移民，還有一心在加國打拚創業的專業人士。在時代的氛圍下，來自同一年代的加國華人，說真的，也都面對大同小異的挑戰與困難，只是每個人都以「處變不驚」為原動力和出發點，演繹不同的人生。

由是想到，下一個年代的「紅楓傳奇」人物， 又會譜出怎樣的故事呢？八十後、九十後、千禧一代的加國華人，在另一個時代的政治、社會、文化；不同主義的衝擊下，又是不一樣的挑戰、艱難、抉擇。

饒首以待，有一天可以看到、聽到、寫到未來的傳奇故事。此刻最宜坐看雲起時，以不變應萬變。

別有洞天

何湯淑芬
紅楓傳奇編輯

「人」的寫法是左一撇，右一捺，沒有直的，隱喻人生從來不是直路一條。而人又是左一筆，右一劃的結合，彷彿說明人與人之間的關係，既是相輔相成，又是互相影響。

很喜歡今年的主題「華麗轉身締傳奇」。

無論曾失敗、曾跌倒、曾失落或曾迷失都不重要，只需要仍活著，一息尚存，都可以轉身，重新起步，重新出發，再締造美妙光輝的人生。「華麗轉身締傳奇」是鼓舞的，是積極的人生態度。

拜讀了今屆六位紅楓傳奇得獎人物的故事，讓人認識成功非僥倖，都是經過長期的用心經營，當中更包含著家人的關愛，友人的扶持鼓勵，因此獎項顯得更有意義，不僅屬於六位得獎人，更是屬於有份成就這件美事的有關人等。

但願今屆「華麗轉身締傳奇」的正能量，能帶動更多人做到逆境自強，永不放棄，懂得凡事積極面對。一邊的路不好走，轉身向另一邊試試看，別有洞天，指日可待！

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Chinese Canadian Legend Award Gala October 31, 2015



Chinese Canadian Legend Award Gala October 31, 2015



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Graphic Design	Michael Ho
Printer	Datahome Production Ltd.
Publisher	



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